

HERNDON

HERNDON PARKS & RECREATION  CATALOG OF CLASSES SPRING 2005

Enjoy the Outdoors

EARTH DAY CELEBRATIONS
LANDSCAPE WORKSHOP
BATFEST

Workouts with Results

CARDIO KICKBOXING
DEEP WATER I & II
YOGA & PILATES

Tennis Season

OUTDOOR TENNIS BEGINS



Herndon
Community Center

814 Ferndale Avenue, Herndon, Virginia 20170

703.435.6868

www.herndon-va.gov



General Information

Mission

“Promoting a sense of community and enriching the quality of life.”

The Herndon Parks & Recreation Department provides a comprehensive leisure services program which is complementary and supplementary to services provided by Fairfax County and other community service organizations. The Department provides comprehensive recreation programs including instructional classes, community arts, sports, teen and special events, community center programs, and a neighborhood park system for all Town residents.

Community Center Hours

All hours are subject to change due to special events in the Center.

Aquatic Facility

M-F6AM-10PM
Sa & Su8AM-8PM

Fitness Facility

M-F6AM-10:30PM
Sa & Su8AM-8PM

Office Hours

M-F8:30AM-5:30PM

Community Center Special Hours

March 27 11AM-6PM

May 30 8AM-8PM

Phone

General Information

703-435-6868

Pool, Racquetball, & Rentals

703-787-7300

Hearing Impaired Relay

800-828-1120-TDD

Fax

703-318-8652

Touchtone Registration

703-707-2662

Website

www.herndon-va.gov

Community Center Fees

Note: For pool use child(ren) age 8 & under must be accompanied by an adult. Child(ren) age 5 & under must be with a parent in the water. For fitness room use, children must be age 14 or older. For gymnasium use, children must be age 10 or older. Youth are those age 17 and under. Seniors are those age 60 and older.

Daily Admission

**TOH-Resident Rate Requires ID with Address*

<u>Full Use</u>	<u>TOH/NR</u>
Adults	\$4/\$5
Seniors/Youth	\$3/\$3

<u>Limited Use</u>	<u>TOH/NR</u>
Adults	\$2.50/\$3
Seniors/Youth	\$2/\$2

<u>10-Admission Pass</u>	<u>TOH/NR</u>
Full Use	\$34/\$45
Limited Use	\$21/\$27

<u>25-Admission Pass</u>	<u>TOH/NR</u>
Full Use	\$70/\$100
Senior/Youth	\$45/\$60
Limited Use	\$45/\$60

<u>Annual Pass</u>	<u>TOH/NR</u>
Single	\$315/\$450
2 Person Adult (married couple)	\$420/\$600
Additional Dependent (with Full Adult Pass)	\$70/\$100
Single Senior/Youth	\$230/\$325
2 Person Senior (married couple)	\$300/\$425

Rental Space -for Meetings & Parties

The Herndon Community Center is available for private parties, receptions, meetings and other activities when space is available. The Center can accommodate sit-down functions up to 375 people or provide meeting space for up to 100 people. The Center is equipped with tables, chairs,

and stage. Arrangements for all types of functions can be made. In addition the Town operates the Industrial Strength Theatre, a 100-seat black box theatre. This facility is available for rental. For available dates, times, and rental rates, please call 703-787-7300.

Birthdays Are Special

Make your birthday celebration headache free – celebrate it at the Herndon Community Center and let us provide the punch, goodie bags, room decorations and swimming so you don't have the hassle and mess! Also, ask our Naturalist about our Nature Birthday Parties.

Call 703-787-7300

Racquetball & Wallyball Courts

Prime time hours

Monday-Friday, 4-10 PM, plus Saturday, Sunday & Holidays.

Racquetball

Prime Time

\$4.50 per hour + admission fee per player

Non-Prime Time

\$2.50 per hour + admission fee per player

Wallyball

Prime Time

\$4 per court + admission fee per player

Non-Prime Time

\$2 per court + admission fee per player

Wallyball court rental is for two hours.

Full Use

The discount pass and daily admission fee for the pool includes use of the gymnasium (ages 10 & older) and the fitness room (ages 14 & older) as available.

Limited Use

For use of the gymnasium or fitness room. Does not include use of the locker rooms or swimming pool.

Gym Only

Monday-Friday, 3-5:30 PM
FREE for Youth 17 & Under

Information and forms for class registration can be found on pages 30-31 of this brochure.

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Town of Herndon Town Council

Michael L. O'Reilly, Mayor
Darryl C. Smith, Vice Mayor
Carol A. Bruce
Dennis D. Husch
Steven D. Mitchell
Ann V. Null
Harlon Reece
Steve Owen, Town Manager

Parks and Recreation Department

Arthur A. Anselene, Director
 Sue Berkemeier, Administrative Assistant
 Sheri Branch, Office Assistant
 Kathy Rottier, Office Assistant
 Lori Rowland, Office Assistant
 Cynthia Hoftiezer, Projects Coordinator
 Cindy Roeder, Manager, Rec. Svcs.
Recreation Services Supervisors
 Ann Hoy, (Events, Arts & Crafts)
 Susan Lilly, (Town Naturalist)
 Holly Popple, (Fine & Performing Arts)
 Tom Wissinger, (Sports, Fitness)
 Kimberly Wood, (Teens, Trips, Senior Adults)
 Abby Kimble, Marketing Specialist
 Teresa Rodriguez, Aquatics Svcs. Manager
 Boris Arevalo, Pool Operations Manager
 Ed Mayr, Community Center Manager
 Scott Garretson, Community Ctr. Supervisor



NEW REGISTRATION DATES!

Registration for all **Town of Herndon residents** will open at **10 am on Wednesday, February 23**. Registration for all **non-Town of Herndon residents** will open at **10 am on Tuesday, March 1**. Starting on these dates you will be able to register online, by touchtone system, by walking into the Community Center, by mail or by fax. Please see "How Registration Works" on page 30 and 31 for more information.

Registration for classes with this icon is not available on line or by the touchtone system.



Part-Time Seasonal Opportunities Available

Are you looking for part-time work close to home? Do you have an interest or skill you can share with others? The Herndon Parks and Recreation Department is seeking enthusiastic individuals to fill a variety of instructor positions for summer classes. Programs are held at the Herndon Community Center. Days and hours are generally flexible to meet your schedule. Hourly wage is based on training, certification and/or experience.

We're especially looking for instructors to teach Fitness, Dance, Arts & Crafts, Yoga, Pilates, Theatre, Photography or Dog Obedience. Share your hobby or talent—we're always interested in offering something new. Contact the Herndon Community Center at 703-435-6868 for details or an application, or go to our website at www.herndon-va.gov and click on "Employment" to download an application. Share your talent-TEACH!

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Inclement Weather Policy

All classes and programs starting before 3 PM are cancelled when Fairfax County schools close for the day due to inclement weather. For classes starting at 3 PM or later, a decision will be made by 1 PM that day. When Fairfax County schools have a delayed opening, classes will be held as scheduled. On the weekends or if you have questions about whether or not a class will meet, call the Weather Hotline (703) 435-6866.

Spring Highlights

Super Shooter Basketball Contest.... March 7

Easter Egg Hunt.... March 26

Hershey Track & Field.... May 15

Herndon Festival.... June 2-5

Preschool Aquatics



Attention: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class. Parents should remember that unless a child is practicing skills learned in a previous class, he may lose his proficiency to demonstrate the required skills on a regular basis or has been passed on during a course evaluation. It is better to repeat a course to strengthen skills than place a child in a class over his level.

The pool is closed for recreational swimming between 9am - 12pm on Saturdays and Sundays. During this time, lessons and lap swimming only.



SWIMMING GUIDELINES

To enroll in / child needs to have

Starfish No experience necessary but must be able to:
Separate from parent
Learn in a group setting

Seahorse Successful completion of Starfish or ability to:
Put face in the water 5 sec.
Blow bubbles
Kick on front using barbells without assistance
Float on back with assistance 5 sec.

Otters Successful completion of Seahorse or ability to:
Submerge totally, bobbing 5 times
Float on front and back independently
Rollover from front to back
Swim with arm stroke and kick 5 yards

Manatees Successful completion of Otter or ability to:
Jump in 12 feet and return to side without assistance
Front crawl 15 yards with breathing
Elementary backstroke arm motion 15 yards
Back crawl 15 yards
Butterfly kick
Sitting /kneeling dives

Sharks Successful completion of Manatee or the ability to:
Front crawl 25 yards w/ side breathing
Elementary backstroke 15 yards
Back crawl 25 yards
Breaststroke 15 yards
Diving: compact/stride
Ability to swim across deep end of pool

Level 1 No experience necessary but must be able to:
Participate in group setting

Level 2 Successful completion of Level 1 or the ability to:
Face in water and blow bubbles 5 sec.
Submerge face and pick up item
Float on the back with assistance
Kick on front with face in water using barbells

Level 3 Successful completion of Level 2 or the ability to:
Float on front and back independently
Roll over from front to back
Combined stroke front and back 5 yards

Level 4 Successful completion of Level 3 or the ability to:
Elementary backstroke 5 yards
Front crawl and back crawl 15 yards
Jump into deep water and swim 15 yards
Kneeling dive

Level 5 Successful completion of Level 4 or the ability to:
Tread water 1 minute
Crawl stroke 25 yards with side breathing
Back crawl 25 yards
Breaststroke 15 yards
Butterfly 15 yards
Elementary backstroke 15 yards
Scissors kick
Stride dive and flip turn

Level 6 Successful completion of Level 5 or the ability to:
Front and back crawl 50 yards
Back float 2 minutes
Tread water 2 minutes
Breaststroke 25 yards
Sidestroke 25 yards
Elementary backstroke 25 yards

Preschool Aquatics



Wacky Wednesday

Ages 5 & under

Come join us in the pool for great fun and games for the younger crowd. Children not enrolled in full day school programs (Kindergarten and younger) may participate. The training pool will be set aside for kids (must be with an adult) and filled with our wacky water toys. A great time for practicing swimming in preparation for summer!

\$3 parent/child
\$1 each additional child
Every Wednesday, 1-3 PM

Come and play with the floating polar bear or submarine on weekends from 1-4 PM!



The pool is closed for recreational swimming between 9am - 12pm on Saturdays and Sundays. During this time, lessons and lap swimming only.

Aquatics Class Make-up Policy

Classes cancelled due to inclement weather, pool closures, or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the make up class.

Aquatots - Ages 6-18 months

Instructor works closely with parent in helping infant develop basic water skills including: water adjustment, safety and experiencing supported movement through the water. *Babies are required to wear plastic pants with elastic at the legs and waistband over their swim diapers or cotton training pants.*

Swim with parent

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1	March 14-April 6		
4011.101	M/W	10:30-10:55am	\$58/\$63
Session 2	April 18-May 11		
4011.102	M/W	10:30-10:55am	\$58/\$63
Session 3	May 23-June 20		
4011.103	M/W	10:30-10:55am	\$58/\$63
Saturday	March 12-April 30		
4011.604	Sa	10-10:25am	\$58/\$63

Mini Session

4, 25 minute sessions

May 14-June 11

4011.605	Sa	10-10:25am	\$29/\$32
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Guppies- Ages 19-36 months

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of floatation devices. *Toddlers are required to wear plastic pants with elastic at the legs and waistband over their swim or cloth diapers or cotton training pants.*

Swim with parent

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1	March 14-April 6		
4012.101	M/W	10-10:25am	\$58/\$63
Session 2	April 18-May 11		
4012.102	M/W	10-10:25am	\$58/\$63
Session 3	May 23-June 20		
4012.103	M/W	10-10:25am	\$58/\$63
Session 1	March 15-April 7		
4012.204	T/Th	11-11:25am	\$58/\$63
Session 2	April 19-May 12		
4012.205	T/Th	11-11:25am	\$58/\$63
Session 3	May 24-June 16		
4012.206	T/Th	11-11:25am	\$58/\$63
	March 18-May 6		
4012.507	F	10:30-10:55am	\$58/\$63
	March 12-April 30		
4012.608	Sa	9:30-9:55am	\$58/\$63
	March 13-May 8		
4012.709	Su	9:30-9:55am	\$58/\$63

Mini Session

4, 25 minute sessions

May 20-June 10

4012.510	F	10:30-10:55am	\$29/\$32
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May 14-June 11

4012.611	Sa	9:30-9:55am	\$29/\$32
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May 22-June 19

4012.712	Su	9:30-9:55am	\$29/\$32
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Minnows - Ages 3-5

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. Designed for children who are older than our guppies, but are hesitant to separate from the parent. Skills that are taught include: breath control, floating on front and back and kicking. Parents will learn how to practice swimming skills and promote water safety awareness with their children outside of class.

Swim with parent

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1	March 15-April 7		
4018.201	T/Th	9:30-9:55am	\$58/\$63
Session 2	April 19-May 12		
4018.202	T/Th	9:30-9:55am	\$58/\$63
Session 3	May 24-June 16		
4018.203	T/Th	9:30-9:55am	\$58/\$63

Starfish - Ages 3-6

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. *Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers.*

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1	March 14-April 6		
4013.101	M/W	9:30-9:55am	\$58/\$63
4013.102	M/W	10:30-10:55am	\$58/\$63
4013.103	M/W	11:30-11:55am	\$58/\$63
4013.104	M/W	6:30-6:55pm	\$58/\$63
Session 2	April 18-May 11		
4013.105	M/W	9:30-9:55am	\$58/\$63
4013.106	M/W	10:30-10:55am	\$58/\$63
4013.107	M/W	11:30-11:55am	\$58/\$63
4013.108	M/W	6:30-6:55pm	\$58/\$63
Session 3	May 23-June 20		
4013.109	M/W	9:30-9:55am	\$58/\$63
4013.110	M/W	10:30-10:55am	\$58/\$63
4013.111	M/W	11:30-11:55am	\$58/\$63
4013.112	M/W	6:30-6:55pm	\$58/\$63
Session 1	March 15-April 7		
4013.213	T/Th	10-10:25am	\$58/\$63
4013.214	T/Th	11-11:25am	\$58/\$63
4013.215	T/Th	1-1:25pm	\$58/\$63
4013.216	T/Th	6-6:25pm	\$58/\$63

Starfish Sessions Continued on p. 6

Youth Aquatics



Level 5 - Ages 6 & up

Students refine and coordinate the key strokes learned in previous Red Cross courses. Front and back crawl, and elementary backstroke are performed at increased distances. Sidestroke, breaststroke and butterfly are refined. Students learn how to perform open turns at the wall while swimming laps. Deepwater work includes diving, water entries, and treading.

8, 45 minute sessions

Class	Day	Time	TOH/NR
March 14-May 2			
4025.101	M	2:45-3:30pm	\$63/\$68
March 12-April 30			
4025.602	Sa	11-11:45am	\$63/\$68

Mini Sessions

4, 45 minute sessions

May 16-June 13			
4025.103	M	2:45-3:30pm	\$31/\$34
May 14-June 11			
4025.604	Sa	11-11:45am	\$31/\$34

Level 6 - Ages 6 & up

This Red Cross course continues to refine the strokes so students swim with greater ease, efficiency and power for greater distances. Different dives from the side of the pool and the board, deep water rescue skills and personal water safety, flip turns, and open turns for side-stroke and breaststroke are developed.

8, 45 minute sessions

Class	Day	Time	TOH/NR
March 14-May 2			
4026.101	M	2-2:45pm	\$63/\$68
March 12-April 30			
4026.102	Sa	11:45am-12:30pm	\$63/\$68

Mini Sessions

4, 45 minute sessions

May 16-June 13			
4026.103	M	2-2:45pm	\$31/\$34
May 14-June 11			
4026.604	Sa	11:45am-12:30pm	\$31/\$34

Adapted Aquatics

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. Volunteers needed. Training will be provided before first day of class. (Great community service project for High School students!) Parents: Please pick up a physician referral form at the Aquatics Department before the first day of class. Call Teresa Rodriguez at 703-435-6800 x2122, if you have any questions.

Volunteers needed

Ages 3-7

8, 30 minute sessions

Class	Day	Time	TOH/NR
March 18-May 6			
4028.501	F	4:30-5pm	\$58/\$63
March 13-May 8			
4028.702	Su	10-10:30am	\$58/\$63

Ages 8-16

8, 30 minute sessions

Class	Day	Time	TOH/NR
March 18-May 6			
4028.503	F	5-5:30pm	\$58/\$63
March 13-May 8			
4028.704	Su	10:30-11am	\$58/\$63

Youth Developmental

Workout - Ages 8-14

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building.

Ages 8 & under must swim 25 yds. freestyle without stopping

Ages 9-12 must swim 50 yds. freestyle without stopping

Ages 12-14 must swim 50 yds. freestyle and 25 yds. backstroke without stopping

10, 45 minute sessions

All Classes: Sunday, March 13-May 22

Ages 8 & under

4027.701	Su	11:30am-12:15pm	\$80/\$85
4027.702	Su	5-5:45pm	\$80/\$85
4027.703	Su	6:30-7:15pm	\$80/\$85

Ages 9-12

4027.704	Su	10:45-11:30am	\$80/\$85
4027.705	Su	5:45-6:30pm	\$80/\$85
4027.706	Su	7:15-8pm	\$80/\$85

Ages 12-14

4027.707	Su	10-10:45am	\$80/\$85
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Diving 1 - Ages 7 & up

Introduces divers to the fundamentals of springboard diving, beginning with front

and back jumps and working through front and back dives. Approaches, hurdles and entries are also taught. *Students must be able to dive into deep water from the side of the pool to enroll in this course.*

8, 45 minute sessions

Class	Day	Time	TOH/NR
March 12-April 30			
4029.501	Sa	9-9:45am	\$63/\$68

Mini Sessions

4, 45 minute sessions

May 14-June 11			
4029.502	Sa	9-9:45am	\$31/\$34

Diving 2 - Ages 7 & up

This class is designed for children with previous springboard diving experience. The completion of Diving 1 or equivalent is strongly recommended. This class will include refinement of front and back dives as well as learning more advanced dives and flips.

8, 45 minute sessions

Class	Day	Time	TOH/NR
March 12-April 30			
4029.503	Sa	9:45-10:30am	\$63/\$68

Mini Sessions

4, 45 minute sessions

May 14-June 11			
4029.504	Sa	9:45-10:30am	\$31/\$34

Synchronized Swimming

- Ages 8 & up

An introductory course for the sport of synchronized swimming. Students will learn the basic moves, skills and routines of the sport and acquire an appreciation for the athleticism required of synchro participants. Students must have the ability to swim at Level 5 proficiency and must be able to tread water for at least two minutes.

8, 45 minute sessions

Class	Day	Time	TOH/NR
March 18-May 6			
4070.501	F	4:30-5:15pm	\$63/\$68

Synchronized Swimming 2

- Ages 8 & up

Follow-up class to our introductory synchro course. Experienced students or those who have taken Synchro 1 will learn more advanced moves, skills and routines.

8, 45 minute sessions

Class	Day	Time	TOH/NR
March 18-May 6			
4070.502	F	5:15-6pm	\$63/\$68

Adult Aquatics/Water Workout

ADULT

Adult Beginner - Ages 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and breathing skills will be taught.

8, 45 minute sessions

Class	Day	Time	TOH/NR
March 14-May 2			
4041.101	M	7:15-8pm	\$63/\$68
March 17-May 5			
4041.402	Th	11-11:45am	\$63/\$68
March 12-April 30			
4041.603	Sa	11:30am-12:15pm	\$63/\$68

Mini Sessions

4, 45 minute sessions

May 16-June 13			
4041.104	M	7:15-8pm	\$31/\$34
May 19-June 9			
4041.405	Th	11-11:45am	\$31/\$34
May 14-June 11			
4041.606	Sa	11:30am-12:15pm	\$31/\$34

Adult Advanced Beginner - Ages 16 & up

This class is for students who have passed Adult Beginners or those who are comfortable in the water and are ready to concentrate on furthering the primary strokes: front and back crawl, and elementary backstroke and breaststroke. Treading water and introduction to rotary breathing are included in this class.

8, 45 minute sessions

Class	Day	Time	TOH/NR
March 16-May 4			
4042.301	W	11:30am-12:15pm	\$63/\$68
March 12-April 30			
4042.602	Sa	12:15-1pm	\$63/\$68

Mini Sessions

4, 45 minute sessions

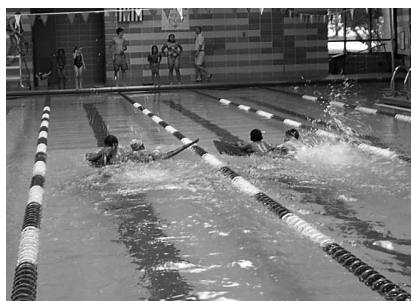
May 18-June 8			
4042.303	W	11:30am-12:15pm	\$31/\$34
May 14-June 11			
4042.604	Sa	12:15-1pm	\$31/\$34

Adult Intermediate

- Ages 16 & up

Continuation of Adult Beginners or for anyone seeking refinement and coordination of strokes. Strokes learned in previous courses will be performed at increased distances.

8, 45 minute sessions



Class	Day	Time	TOH/NR
March 17-May 5			
4043.201	Th	11:45am-12:30pm	\$63/\$68

Mini Sessions

4, 45 minute sessions

May 19-June 9			
4043.202	Th	11:45am-12:30pm	\$31/\$34

Adult Stroke Clinic

Geared toward adult swimmers who have passed Adult Intermediate and want to continue perfecting their strokes and increase their lap swimming distance.

8, 45 minute sessions

Class	Day	Time	TOH/NR
March 16-May 4			
4039.301	W	8:30-9:15pm	\$63/\$68

WATER EXERCISE

Early Bird Water Exercise

Start your day with this high intensity, cardiovascular workout! Held in the deep water, participants will wear ankle cuffs to provide buoyancy and resistance. This workout strengthens the core trunk muscles, arms and legs.

Participants must be comfortable in deep water

36, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-June 6			
4049.101	M/W/F	6:30-7:30am	\$197/\$210

SENIOR SWIM TIME!

Seniors can visit the pool for a reduced rate of \$1.00 all day Tuesdays!

Water Workout Schedule

12 Classes, Friday or Saturday
\$63 TOH/\$70 NR

24 Classes, 2 x week
Monday, Wednesday, Friday
\$127 TOH/\$140 NR

36 Classes, 3 x week
Monday, Wednesday, Friday
\$197 TOH/\$210 NR

Water Workout Express

Signing up for the Water Workout Express provides convenience and flexibility

Here's how

1. Register for a home class through any of our registration methods. This reserves you a permanent spot in the class of your choice. Note: Class space permitting, the Express Pass option allows you to take any of the water workout classes.

2. Select an Express Pass option below, based on the schedule of your Home Class. You must be registered for a Home Class before an Express Pass can be purchased.

- Cards must be presented to instructor at each class
- Classes must meet a minimum enrollment to be offered
- Pick up your Express Pass at the Pool Desk

Express Card options

1. If your home class meets twice a week, your Express Pass fees are:

Super Express 4063.113 - 24 classes plus 12 - TOH \$63/NR \$70

Hyper Express 4063.114 - unlimited classes - TOH \$77/NR \$85

2. If your home class meets three times a week, your Express Pass fees are:

Hyper Express 4063.116 - unlimited classes - TOH \$13/NR-\$16

Water Workout Express Data Card

Must be completed by all Water Workout Express participants at time of registration.

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE H: _____ W: _____

Please check your Water Workout Express Program choice

☐ Super Water Express

☐ Hyper Water Express

☐ Home Class Code:

The class you will attend most is your "home" class.

THIS MUST BE ATTACHED TO REGISTRATION FORM ON PAGE 31.

Adult Water Workout

Therapeutic Water Workout

This is a low intensity water exercise program designed for those with arthritis, painful joints, and general weakness. The class focuses on increasing range of motion, mobility, and strengthening. Seniors: Please see Senior Citizen Discount information on the registration page.

Rubber-soled water shoes are recommended

24, 1 hour sessions

Class	Day	Time	TOH/NR
March 15-June 2			
4047.201	T/Th	10:30-11:30am	\$127/\$140
12, 1 hour sessions			
March 18-June 3			
4047.502	F	10:30-11:30am	\$63/\$70

Senior Water Aerobics

This course is an exercise class for active adults. It promotes fitness, flexibility, and range of motion at an intermediate pace. Seniors: Please see Senior Citizen Discount information on page 30.

No swimming skills necessary

Rubber-soled water shoes are recommended

24, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-June 6			
4048.101	M/W	9-10am	\$127/\$140
March 18-June 3			
4048.502	F	9-10am	\$63/\$70

Water Aerobics

THE total water aerobic workout, combining toning exercises as well as aerobic conditioning to improve fitness. Babysitting is available during this class, please see page 12.

No swimming skills necessary

Participants must be comfortable in deep water

24, 1 hour sessions

Class	Day	Time	TOH/NR
March 15-June 2			
4044.202	T/Th	9:30-10:30am	\$127/\$140

Water Walking

Jump start your spring fitness with water walking! A low impact, aerobic workout that tones the whole body. The high resistance of water gives you a great workout without any risk of injury to joints.

No swimming skills necessary

Participants must be comfortable in deep water

24, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-June 6			
4046.101	M/W	8-9am	\$127/\$140

12, 1 hour sessions

March 18-June 3

4046.502	F	8-9am	\$63/\$70
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Deep Water 1

This class offers a high intensity, cardiovascular challenge that tones and strengthens muscles.

No swimming skills necessary

Participants must be comfortable in deep water

24, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-June 6			
4045.101	M/W	6:30-7:30pm	\$127/\$140
March 15-June 2			
4045.202	T/Th	8-9am	\$127/\$140
4045.203	T/Th	8-9pm	\$127/\$140

12, 1 hour sessions

March 12-June 4

4045.204	Sa	8-9am	\$63/\$70
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Deep Water 2

The ultimate cardio challenge for your body! This is a fast paced, high intensity class that will help tone and strengthen the muscular system. Flotation devices are used periodically but participants should be able to tread water without any device and should have previously taken Deep Water 1.

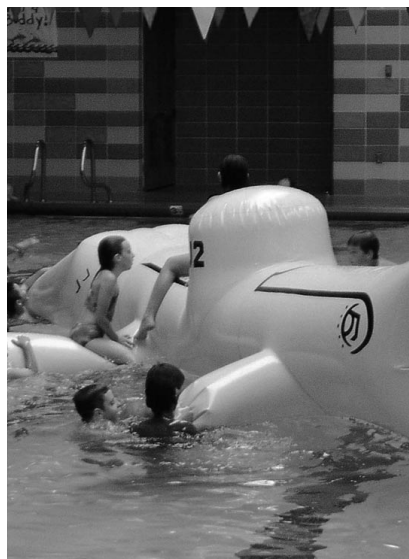
No swimming skills necessary

Participants must be comfortable in deep water

Rubber-soled shoes are strongly recommended

24, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-June 6			
4045.105	M/W	7:30-8:30pm	\$127/\$140
March 15-June 2			
4045.206	T/Th	7-8pm	\$127/\$140



SAFETY

Water Safety Instructor

– Ages 16 & up

Students must attend ALL sessions to pass this course.

5, 4 hour & 3, 6 hour sessions

Class	Day	Date	Time	TOH/NR
May 18,25				
4062.301	W		6-10pm	\$212/\$235
May 21				
	Sa		2-8pm	
June 1,8,15				
	W		6-10pm	
June 4,11				
	Sa		2-8pm	

Lifeguard Training Class

– Ages 15 & up

The most comprehensive certification and training course for American Red Cross lifeguards. Includes rescue techniques, First Aid and CPR for the Professional Rescuer. Students must be 15 years old by the first day to be eligible to enroll and must also pass a pre-course swim test during the first class to remain in the course. The pre-course test includes: A 500 yard continuous swim consisting of 200 yds. of freestyle, 100 yds. of breast stroke, 200 yds. of either freestyle or breast stroke; swimming 20 yards to retrieve a 10 lb. brick from a depth of 12 ft. of water and returning 20 yds. with the brick, swimming on back using legs only.

Students must attend all sessions to pass this course.

1, 1 hour pretest: 4, 4 hour sessions

Class	Day	Time	TOH/NR
March 31 (Pretest)			
4061.401	Th	8-9pm	\$205/\$225
April 7,14,21,28			
	Th	6-10pm	
April 9,16,23			
	Sa	12-6pm	

1, 1hour pretest:

9, 4 hour sessions

Class	Day	Time	TOH/NR
April 26 (Pretest)			
4061.202	T	8-9pm	\$205/\$225
April 28			
	Th	6-10pm	
May 3,10,17,24			
	T	6-10pm	
May 13			
	F	5-9pm	
May 5,12,19			
	Th	6-10pm	



Fitness

Exercise, Health & Fitness Classes are designed for ages 16 & up. Please bring fitness mat!

Make sure to register early to guarantee your space in a fitness class. This is always a popular session, and we don't want you to miss out!

Get up and get moving

Regular exercise has been proven to help prevent illness, reduce the risk of injury, relieve stress and just make you feel better. Our fitness classes have been designed to include elements of strength and flexibility training with cardiovascular exercise to give you an excellent workout. Whether you are looking to try something new, or have been exercising for years, our fitness programs will be able to meet all your needs. Babysitting is available, and please consult your doctor prior to starting any exercise program.

**No Classes March 27,
May 28-30**

STRENGTH & FITNESS CLASSES

Total Body Conditioning

This class is a total body strength class, which includes balance, functional core stability, and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga and Pilates based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation! A total body strength workout to jump-start your metabolism!

27, 1 hour sessions			
Class	Day	Time	TOH/NR
March 14-June 15			
4241.101	M/W	9-10am	\$98/\$108
March 14-June 15			
4241.102	M/W	7:10-8:10pm	\$98/\$108

28, 1 hour sessions			
Class	Day	Time	TOH/NR
March 15-June 16			
4241.103	T/Th	7-8pm	\$101/\$112

Beginner Strength & Sculpt

Tone your upper and lower body with this beginner strength training class for

people who have little or no knowledge of strength training. Using light weights and resistance tubing, this class will focus on proper form and sculpting specific muscle groups with gradually increasing repetitions/weight. This is a non-aerobic class. Seniors: Please see the Senior Citizen Discount information on the registration page.

28, 1 hour sessions			
Class	Day	Time	TOH/NR
March 15-June 16			
4244.100	T/Th	9:30-10:30am	\$101/\$112

FLOOR AEROBIC CLASSES

Cardio Blast

Have fun and burn calories with 35 minutes of high-low floor aerobics combined with cardio kickboxing moves. Get your body moving and your heart pumping, followed by 25 minutes of strength and flexibility work to strengthen tone and define your muscles just in time for shorts weather! Put on your cross training shoes and come have a blast!

28, 1 hour sessions			
Class	Day	Time	TOH/NR
March 15-June 16			
4242.102	T/Th	7:15-8:15pm	\$101/\$112

Cardio Kickboxing

Get your kicks, and punches, with the newest addition to our fitness class lineup. Cardio Kickboxing combines aerobics, cardiovascular training and body toning to help improve your strength, muscle tone, and endurance. This class will also help reduce your body fat and stress levels.

27, 1 hour sessions			
Class	Day	Time	TOH/NR
March 14-June 17			
4242.103	M/F	8:05-9:05pm	\$98/\$108

COMBINATION FLOOR & STEP AEROBICS

Cardio Plus

Step! Hi-Lo! Work your heart and burn the fat! Emphasis is on the cardio, but you will have the chance to work your muscles with weights and self-resistance - a perfect balance! This is a fun class, and you will love the results.

28, 1.25 hour sessions			
Class	Day	Time	TOH/NR
March 15-June 16			
4242.201	T/Th	9:30-10:45am	\$126/\$140

Combo Cardio

Join this class for a little bit of everything. A little step, a little floor, a little

cross training, and this class has it all. The instructor will take you through a comprehensive program that is sure to give you a great work out.

27, 1 hour sessions			
Class	Day	Time	TOH/NR
March 14-June 15			
4242.202	M/W	10:15-11:15am	\$98/\$108

STEP AEROBIC CLASSES

Step & Sculpt

Get the best of both worlds! This class will get your heart pumping and leave you feeling strong. Forty minutes of calorie burning step, along with sculpting and strengthening your muscles using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

27, 1 hour sessions			
Class	Day	Time	TOH/NR
March 14-June 15			
4242.203	M/W	6-7pm	\$98/\$108

28, 1 hour sessions			
Class	Day	Time	TOH/NR
March 15-June 16			
4242.204	T/Th	5:50-6:50pm	\$101/\$112

"EARLY BIRD" WORKOUTS

Designed so you can workout, shower, dress and still get to work on time. Sessions include locker room privileges.

Step & Sculpt

28, 1 hour sessions			
Class	Day	Time	TOH/NR
March 15-June 16			
4243.101	T/Th	6-7am	\$101/\$112

14, 1 hour sessions			
Class	Day	Time	TOH/NR
March 18-June 17			
4243.102	F	6-7am	\$51/\$56

WEEKEND WARRIORS

Step Aerobic Classes Step & Sculpt Intermediate

The same great class, but with a raised level of intensity.

14, 1 hour sessions			
Class	Day	Time	TOH/NR
March 18-June 17			
4243.103	F	9-10am	\$51/\$56

14, 1 hour sessions			
Class	Day	Time	TOH/NR
March 13-June 19			
4243.104	Su	1-2pm	\$51/\$56

Cardio Blast

14, 1 hour sessions			
Class	Day	Time	TOH/NR
March 12-June 18			
4243.105	Sa	9-10am	\$51/\$56

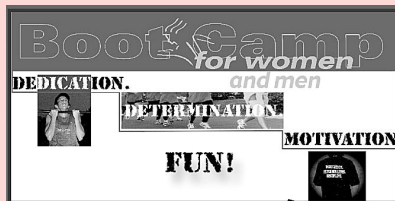
Fitness

Boot Camp for Women & Men

Dedication Determination
Motivation Fun!

Beginner/Intermediate &
Advanced Levels

Structured Nutrition Program Levels
New sessions begin monthly



Check our updated listing on
www.firesults.com
call Fitness Image Results,
703-243-8600 for more information
Guaranteed results!
Held Herndon Community Center

BABYSITTING- Ages 12 months and older

Available during morning classes for children 12 months and older. Babysitters will not change diapers. A minimum of 4 registrants must be met to offer this service. Drop-ins are admitted daily on a space available basis. The cost is \$4.00 per hour per child if used as drop-in. NOTE: In order to utilize the babysitting service, parent(s) and/or guardians must be registered for a recreation class at the community center or utilizing the community center facilities during the time of the babysitting program. Babysitting is not available when classes are cancelled.

Class	Day	Time	TOH/NR
March 14 - June 13			
4216.101	M	9-10 AM	\$44/\$40
4216.107	M	10:15-11:15 AM	\$44/\$40
March 15 - June 14			
4216.102	T	9:30-10:45 AM	\$44/\$40
March 16 - June 15			
4216.103	W	9-10:30 AM	\$44/\$40
4216.108	W	10:15-11:15 AM	\$44/\$40
March 17 - June 16			
4216.104	Th	9:30-10:45 AM	\$44/\$40
March 18 - June 17			
4216.105	F	9-10 AM	\$44/\$40

Schedule of Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-7 - Step & Sculpt		6-7 - Step & Sculpt	6-7 - Step & Sculpt	9-10 - Cardio Blast
	9-10 - Total Body Cond.		9-10 - Total Body Cond.		9-10 - Step & Sculpt Inter.	
	10:15-11:15 - Combo Cardio	9:30-10:30 - Beg. Stren. & Sculpt	10:15-11:15 - Combo Cardio	9:30-10:30 - Beg. Stren. & sculpt		
1-2 - Step & Sculpt Inter		9:30-10:45 - Cardio Plus		9:30-10:45 - Cardio Plus		
	6-7 - Step & Sculpt	5:50-6:50 - Step & Sculpt	6-7 - Step & Sculpt	5:50-6:50 - Step & Sculpt		
	7:10-8:10 - Total Body Conditioning	7-8 - Total Body Conditioning	7:10-8:10 - Total Body Conditioning	7-8 - Total Body Conditioning		
		7:15-8:15 - Cardio Blast		7:15-8:15 - Cardio Blast		
	8:05-9:05 - Cardio Kickboxing				8:05-9:05 - Cardio Kickboxing	

Fitness Express

Signing up for the Fitness Express provides convenience and flexibility.

- Choose and Register for a Home Class through any of our registration methods. This reserves you a permanent spot in the class of your choice. NOTE: As long as space is available, the Express option allows you to take any of the fitness classes. Does not include Pilates, Yoga, Feldenkrais, Shotokan Karate, Tae Kwon Do, Beginner Strength Training, Total Body Conditioning 4241.103, and Cardio Kickboxing.
- Select an Express option below based on the schedule of your home class. You must be registered for a Home Class before an Express Pass can be purchased.
 - Cards must be presented to instructor at each class.
 - Classes must meet a minimum enrollment to be offered.
 - Pick up your Express Card at the gym desk.
 - A Fitness Express data card (below) must be completed at the time of registration.

EXPRESS CARD OPTIONS

- If your home class meets twice a week for 1 hour, your Express Pass fees are:
4245.901 Super Express (home class plus 14) - TOH\$44/NR\$48
4245.902 Hyper Express (Unlimited classes) - TOH\$57/NR\$63
- If your home class meets twice a week for 1.25 hours, your Express Pass fees are:
4245.903 Super Express (home class plus 14) - TOH\$18/NR\$20
4245.904 Hyper Express (Unlimited Classes) - TOH\$32/NR\$35
- If your home class meets once a week for 1 hour, your Express Pass fees are:
4245.905 Super Express (home class plus 28) - TOH\$94/NR\$104
4245.906 Hyper Express (Unlimited Classes) - TOH\$108/NR\$119

FITNESS EXPRESS DATA CARD

(Must be completed by all Fitness Express participants at time of registration)

NAME: _____

ADDRESS: _____ CITY/STATE/ZIP: _____

PHONE: (H) _____ (W) _____

Please check your Fitness Express Program choice:

☐ **Super Express** _____

☐ **Hyper Express** _____

☐ **Home Class Code:** _____

Other classes you will probably attend: _____

The class you will attend most is your Home class. If you want to attend a step class, it is recommended that the step class be your home class.

Yoga/Fencing/Martial Arts

Kundalini Yoga – Ages 16 & up

Suitable for beginners and all levels. Kundalini yoga is an ancient system of self-healing using rhythmic breathing, yoga sets (series of postures), guided relaxation and meditation to help relieve stress and tension, while also creating a healthy body. Wear comfortable clothing and bring a yoga mat, at least 3/16" thick, and a lightweight blanket.

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
March 21-June 13			
4247.101	M	7:30-9pm	\$90/\$99
March 24-June 9			
4247.103	Th	7-8:30pm	\$90/\$99

Pilates – Ages 16 & up

A union of body and mind to create a more streamlined shape by using stretching and strengthening exercises to tone muscle, improve posture, and provide flexibility and balance. Some benefits include flatter abs, longer, leaner muscles, heightened body awareness, enhanced athletic performance, and injury prevention. Wear comfortable clothing and bring a Pilates mat, at least 3/16" thick, and a lightweight blanket.

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 22-June 7			
4247.106	T	6-7pm	\$60/\$66
March 23-June 8			
4247.105	W	6-7pm	\$60/\$66

Combo Pilates – Ages 16 & up

Whether you have taken Pilates for years, or this is your first time, this class is right for you. Our instructor will teach those students who are new to Pilates the basics, while also varying the routines for those students looking for additional challenges. The intermediate section of the class will utilize the Pilates Magic Circle. Wear comfortable clothing and bring a Pilates mat, at least 3/16" thick, and a lightweight blanket.

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 22-June 7			
4247.108	T	5-6pm	\$60/\$66

Hatha Yoga – Ages 16 & up

A combination of controlled body movements, rhythmic breathing and intense concentration for body and mind using

several techniques, including "Hatha." Increase your flexibility and strengthen your back and abdominal muscles, while relieving stress and tension. Wear comfortable clothing and bring a yoga mat, at least 3/16" thick, and a lightweight blanket.

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
March 13-June 12			
4247.104	Su	1:15-2:45pm	\$90/\$99

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 22-June 7 (babysitting is available)			
4247.109	T	9:30-10:30am	\$90/\$99
March 23-June 8			
4247.107	W	7-8pm	\$90/\$99

Lunch Time Yoga – Ages 16 & up

Leave the demands of work behind for a while by taking this course offered conveniently at lunch time. Our instructor will help you focus and re-energize yourself by using controlled breathing and meditation. After taking this class you will see how 45 minutes can change your entire week. Wear comfortable clothing and bring a yoga mat, at least 3/16" thick, and a lightweight blanket.

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 22-June 7			
4247.102	T	12-12:45pm	\$60/\$66

Feldenkrais

Awareness through Movement – Ages 16 & up

Through a series of gentle exercises you will learn how to improve your posture and breathing, increase your range of movement, discover how flexible you can be, alleviate stress related difficulties, and enhance your performance in your favorite sport. The classes focus on the process of the movement and will allow you to explore new patterns of movements to increase your awareness, flexibility, and coordination. Wear comfortable clothing and bring an exercise or yoga mat, 3/16" thick. Babysitting is available for this class.

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 21-June 13			
4247.110	M	9:15-10:15am	\$60/\$66

No Classes

March 27, May 28-30

Fencing - Ages 9 & up

The sport of fencing is suitable to all ages and is taught by Takashi Iwasawa, a four-year varsity fencer at Harvard University. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

12, 2 hour sessions

Class	Day	Time	TOH/NR
March 20-June 12			
4764.101	Su	6-8pm	\$65/\$72

Shotokan Karate - Ages 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata), and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

14, 1 hour sessions

Class	Day	Time	TOH/NR
March 18-June 17			
4767.101	F	7:05-8:05pm	\$57/\$63

Intro to Tae Kwon Do

- Ages 7-14

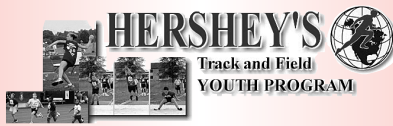
Tae Kwon Do is the world's most popular martial art and new Olympic sport. Its popularity is due to it's many physical benefits (strength, aerobics, flexibility, agility) and even more important mental benefits (enhanced focus, confidence, discipline and respect). TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him).

Instruction provided through H.K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 16-June 15			
4227.101	W	6-7pm	\$57/\$63

Sports



The Hershey Track and Field meet is co-sponsored by the Herndon Parks & Recreation Department and Hershey Foods Corporation in conjunction with the National Recreation & Park Association and the President's Council on Physical Fitness & Sports.

The meet will be held Saturday, May 14 at Herndon High School from 9am-1pm.

Compete in running, throwing, and jumping activities in your respective age group.

Winners have the opportunity to advance to district, state and national meets!

Registration forms available mid-April at the Herndon Community Center.

**All participants must pre-register prior to May 11, 2005
Race Day Registrations NOT accepted!**

Gymside Walkers

There is no better exercise than walking! Gymside Walkers have indoor and outdoor trails set up for walking so no matter what the weather is you can still walk. Come every weekday or just once in awhile. There is no fee, but first time walkers must register.

Monday-Friday 7:30-9 AM



Racquetball League

Join our league and meet others who share your love of racquetball. You are provided a weekly schedule and then arrange a match with your opponent at your mutual convenience. The season consists of ten games in the regular season. Playoffs will follow the regular season. Failure to play within the week or report scores is considered a forfeit. Court fees are included in registration fee. Players receive a punch card to be used during the season. Awards to top two finishers in each division.

Divisions:

4743.102 - Intermediate

4743.103 - Advanced

Informational meeting: Tuesday, March 1, 7PM, Herndon Community Center

Registration deadline: Tuesday, March 8

First week of play begins Sunday, March 13
TOH\$70/NR\$77

Spring Open Gym Schedule

Monday

12-2PM	Adult Basketball
3-5:15 PM	Youth Basketball
8:30-10:30 PM	Adult Basketball

Tuesday

12-2PM	Adult Basketball
3-5:15 PM	Youth Basketball
8:30-10:30 PM	1/2 Adult Basketball 1/2 Adult Volleyball

Wednesday

12-2PM	Adult Basketball
3-5:15 PM	Youth Basketball
8:30-10:30 PM	Adult Volleyball

Thursday

12-2PM	Adult Basketball
3-5:15 PM	Youth Basketball
8:30-10:30 PM	1/2 Adult Basketball 1/2 Adult Volleyball

Friday

12-2PM	Adult Basketball
3-5:15 PM	Youth Basketball
8:30-10:30 PM	1/2 Adult Basketball 1/2 Adult Volleyball

Saturday

12-6 PM	1/2 Adult Basketball
1:30-6PM	1/2 Youth Basketball

Sunday

12-5 PM	1/2 Adult Basketball
12-3 PM	1/2 Youth Basketball
3-5 PM	1/2 Adult Volleyball
Youth = 17 years and under	
Call 703-435-6868 to verify times.	

Community Center Expansion and Renovation Coming Soon!

Please bear with us as we undergo substantial changes to the community center in order to deliver you better recreation programs and services!

What's Happening?

This Spring 17,896 square feet of new program space will be added including meeting rooms, fitness room, babysitting area, teen room, kitchen, arts and crafts room, upgraded restrooms and more.

Construction will begin with the addition of parking spaces on Ferndale Avenue, reconfiguration of the entrance drive and demolition of existing offices. New construction will then begin in earnest with a completion target of Summer 2006.

Good News!

Pool operations will not be impacted during the renovation. We expect to have a full schedule of instructional classes.

And....

The weight and fitness equipment will be relocated into the existing multipurpose room so that patrons can faithfully continue their workout regimens. Basketball, volleyball, racquetball, wallyball, gymnastics, Munchkateers and martial arts will continue with little or no disruption. Youth and adults will still be able to play basketball and volleyball during the day and in the evenings throughout the renovation process. We anticipate little impact to these aspects of our operations during the coming months.

What happens to the programs and activities my family participates in?

Most classes will continue uninterrupted during the renovation. Some classes, such as yoga, Pilates, arts and crafts, and music may be housed in a portable classroom beginning in May. During the 2005-06 school year, Preschool will be housed in a portable classroom that will meet all Department of Social Services Licensing Standards. One half of the multi-purpose room will be dedicated to dance and fitness. Some programs may be moved off site for customer convenience. Unfortunately, pottery and cooking classes will be discontinued until we re-open in our new space. Please call us at 703/435-6868 if you have specific questions.

Parking

The renovation process will include additional parking spaces and paving of the gravel area along Ferndale Ave. Activities which require further consideration for parking will be handled on a case by case basis and arrangements will be announced via the Town's website and to prospective participants.

Sports/Gymnastics

Gymnastics Guidelines

Beginner: No experience necessary

Advanced Beginner:

Cartwheels/Not afraid to go upside down on bars/Walk on high beam

Advanced Beginner II:

Pullover/Round-off/Squat over

Intermediate: Handstand/Kick-over/Squat on/Pullover/Bridge kick-over/Cartwheel on low beam

Advanced: Back walkover/Cartwheel (high beam)/pullover

GYMNASTICS FOR GIRLS

Our program includes instruction in floor exercise, balance beam, uneven parallel bars and vaulting. Children are grouped by age and ability. Students advance based on skill and form. Levels should be repeated to acquire the skills needed to advance. Instructors reserve the right to suggest appropriate level based on skill reviews. Separate classes have been designed for boys and girls due to the different areas of specialization.

Beginner - Ages 5-8

13, 1 hour sessions			
Class	Day	Time	TOH/NR
March 14-June 13			
4722.103	M	3-4pm	\$71/\$78
March 14-June 13			
4722.104	M	4-5pm	\$71/\$78
March 19-June 18			
4722.109	Sa	11am-12pm	\$71/\$78
March 19-June 18			
4722.110	Sa	12-1pm	\$71/\$78

14, 1 hour sessions			
Class	Day	Time	TOH/NR
March 16-June 15			
4722.105	W	6-7pm	\$78/\$84
March 18-June 17			
4722.106	F	4:30-5:30pm	\$78/\$84

Advanced

Beginner - Ages 5-11

13, 1 hour sessions			
Class	Day	Time	TOH/NR
March 19-June 18			
4722.119	Sa	12-1pm	\$71/\$78
13, 1.5 hour sessions			
Class	Day	Time	TOH/NR
March 14-June 13			
4722.112	M	4-5:30pm	\$106/\$117

14, 1.5 hour sessions			
Class	Day	Time	TOH/NR
March 16-June 15			
4722.113	W	4:30-6pm	\$114/\$126
March 18-June 17			
4722.114	F	5:30-7pm	\$114/\$126

Advanced Beginner II -

Ages 5-11

13, 1.5 hour sessions			
Class	Day	Time	TOH/NR
March 14-June 13			
4722.115	M	5:30-7pm	\$106/\$117

Intermediate - Ages 6 & up

13, 1.5 hour sessions			
Class	Day	Time	TOH/NR
March 14-June 13			
4722.116	M	5:30-7pm	\$106/\$117

Advanced - Ages 6 & up

13, 1.5 hour sessions			
Class	Day	Time	TOH/NR
March 14-June 13			
4722.118	M	5:30-7pm	\$106/\$117

14, 1.5 hour sessions			
Class	Day	Time	TOH/NR
March 18-June 17			
4722.117	F	5:30-7pm	\$114/\$126

GYMNASTICS FOR BOYS

Instruction in floor exercise, parallel bars, and vaulting. As boys specialize in different events than girls, only boys may register for these classes.

All Levels - Ages 5-8

13, 1 hour sessions			
Class	Day	Time	TOH/NR
March 14-June 13			
4722.301	M	3-4pm	\$71/\$78

14, 1 hour sessions			
Class	Day	Time	TOH/NR
March 16-June 15			
4722.302	W	6-7pm	\$76/\$84
March 18-June 17			
4722.303	F	4:30-5:30pm	\$76/\$84

Intermediate - Ages 7-10

14, 1 hour sessions			
Class	Day	Time	TOH/NR
March 16-June 15			
4722.304	W	6-7pm	\$76/\$84

GYMNASTICS FOR YOUNG BEGINNERS (BOYS & GIRLS)

Ages 4-6

14, 45 minute sessions			
Class	Day	Time	TOH/NR
March 17-June 16			
4722.305	Th	9:15-10am	\$76/\$84

JOIN THE MUNCHKATEERS

A coed movement program combining fitness, elementary gymnastics, rhythm and games. Develop your child's motor coordination, strength, and flexibility. All classes are structured and children should be ready for group instruction.

Parent-Child Munchkateers

Ages 2-3

13, 45 minute sessions			
Class	Day	Time	TOH/NR
March 19-June 18			
4712.208	Sa	10-10:45am	\$71/\$78

14, 45 minute sessions			
Class	Day	Time	TOH/NR
March 15-June 14			
4712.202	T	9:15-10am	\$76/\$84
March 18-June 17			
4712.200	F	10:30-11:15am	\$76/\$84
March 18-June 17			
4712.201	F	11:30am-12:15pm	\$76/\$84

Munchkateers I - Ages 3-4

13, 45 minute sessions			
Class	Day	Time	TOH/NR
March 14-June 13			
4712.203	M	10:30-11:15am	\$71/\$78
March 19-June 18			
4712.207	Sa	9-9:45am	\$71/\$78

14, 45 minute sessions			
Class	Day	Time	TOH/NR
March 15-June 14			
4712.204	T	11:15am-12pm	\$76/\$84
March 17-June 16			
4712.205	Th	11:15am-12pm	\$76/\$84
March 18-June 17			
4712.206	F	9:30-10:15am	\$76/\$84

Munchkateers II - Ages 4-5

13, 45 minute sessions			
Class	Day	Time	TOH/NR
March 14-June 13			
4713.200	M	11:15am-12pm	\$71/\$78

14, 45 minute sessions			
Class	Day	Time	TOH/NR
March 15-June 14			
4713.201	T	10:15-11am	\$76/\$84
March 17-June 16			
4713.202	Th	10:15-11am	\$76/\$84
March 18-June 17			
4713.203	F	12:30-1:15pm	\$76/\$84

NO GYMNASTICS CLASSES
March 27 & May 28-30

Special Events



Fall 2005 PreSchool



Open registration
based on availability

**Herndon
Community
Center**

The Community Center program is designed to stimulate your child's development through planned activities in art, crafts, music, nature and games. It is a licensed program and is designed to stimulate the child's development. The program operates 9:00 a.m. to 12 noon, generally following the Fairfax County School calendar. Registration will be accepted on a first-come, first-serve basis. The child's birth certificate and a \$75 non-refundable deposit are required at the time of registration. A payment plan can be set up. Program runs mid-September through early June. Children currently enrolled need to re-register and are not given priority. Town of Herndon residents will receive first priority.



Children must be potty trained by the start of school. Call 703-435-6868 for more information.

Ages 4-5

Children must be 4 by Sept. 30, 2005

Class	Day	Time	TOH/NR
September 9			
3611.005	M/W/F	9am-12pm	\$1180/1240

Ages 3-4

Children must be 3 by Sept. 30, 2005

Class	Day	Time	TOH/NR
September 8			
3611.006	T/Th	9am-12pm	\$925/1030



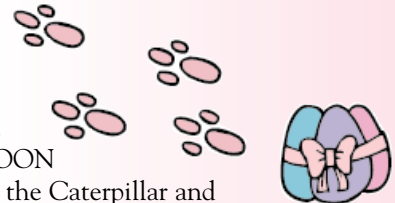
Easter Egg Hunt - Rain or Shine!

Herndon High School Front Lawn

700 Bennett Street

Saturday, March 26

Join the Easter Bunny for all the Eggcitement at the Herndon Parks and Recreation Annual Easter Egg Hunt. Over 7,000 candy and toy-filled eggs. A magician will begin the event performing an EGGciting magic act at 10AM. Included in the registration fee is FUNLAND! Children can have unlimited fun from 10am to 12:30pm bouncing on the MOON BOUNCE, running through Cameron the Caterpillar and Freddy the Frog, visiting our petting zoo, catching some cool tricks from our magician and of course, gathering eggs. Each age group will have their own egg hunt time. The Easter Bunny will make a grand entrance and stick around for great photo opportunities. Bring a basket for collecting.



ON-SITE REGISTRATION 9:30-10:30AM

ENTERTAINMENT 10-11AM

FUNLAND WILL BE OPEN 10AM-12:30PM

Egg hunt for Ages 2-3	4561.001	10:30am
Egg hunt for Ages 4-5	4561.002	11:00am
Egg hunt for Ages 6-7	4561.003	10:45am
Egg hunt for Ages 8-9	4561.004	11:15am

\$6-Advance/\$8-At Event



Special Events



HERNDON FESTIVAL DOWNTOWN HERNDON June 2-5

Top performers, great carnival, over 120 crafters, hands on art area, Business Expo, 10k/5k Race, K9-2K and Doggie Expo, fireworks, food and fun!
www.herndonfestival.org



Girls on the Run & Girls on Track of NOVA

Girls on the Run is a life-changing, experiential learning program that combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goals of the program are to encourage positive emotional, social, mental, and physical development. We now offer Girls on Track, a similar program for middle school age girls. Both groups will meet on the basketball courts at the Herndon Community Center and participate in the Herndon Festival 5K on June 5th. Cost includes: coach, challenging experience, race registration, race t-shirt, race packet and awards banquet. All classes are rain or shine. There will not be any GOR or GOT, March 21-March 25.

Girls on the Run-Grades 3-6

20, 1 hour sessions

Class	Day	Time	TOH/NR
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March 15-June 2

4620.201	T/Th	5:00-6:00pm	\$150/\$165
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Girls on Track-Grades 6-8

20, 1 hour sessions

Class	Day	Time	TOH/NR
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March 14-June 1

4630.101	M/W	5:15-6:15pm	\$150/\$165
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10K & 5K RACE!

It's time to show that all of your hard work paid off by running the Herndon Festival 10k/5k Race. Both races will take you through historic downtown Herndon, during Herndon Festival weekend. Bring a friend, or run the race by yourself, but make sure you don't miss out on this great event. Registration forms will be available at the Herndon Community Center beginning in mid-March. Awards are presented to the top two finishers in each age group from 10 & under to 70 & over. Refreshments for runners will be provided at the conclusion of the race.



Pre-registration ends Thursday, June 2 at 5:00PM,
Pre-race packet pick-up and registration is Saturday, June 4th, 11AM-4PM

RACE DAY IS SUNDAY, JUNE 5, with registration
and packet pick-up beginning at 6:30am.

RACE STARTS AT 7:30AM

Call 703-435-6800 X 2106 to be placed on the mailing list
or for more information.

Online Registration Available at www.active.com



SUMMER FUN IN HERNDON!

Summer is right around the corner, and it will soon be time to start making plans. Our Summer Camp Brochure will be available on or after April 4, 2005 and will provide all the details on our fun and exciting summer camps. Sessions run for various lengths beginning the week of **June 27, 2005.**

Here's a sampling of what we have to offer:

Summer Fun Day Camp for Ages 6-11 • Teen Discovery Day Camp for Ages 12-15
Preschool Play Camp for Ages 3-5

SPECIALTY CAMPS: Basketball, Soccer, Tennis, Theatre, Dance,
Gymnastics and Nature Discovery Camp

Outdoor Tennis

Herndon Team Tennis League

Join a fun but competitive co-ed league for Adults 18 & over with games held at Bready Park's Tennis complex.

Teams will play against each other in scheduled matches to include singles, doubles, and mixed doubles competition.

Season begins on May 8th and will run through mid to late June.

Games will be held on Sundays, Tuesday, and Thursdays.

All registration fees and rosters are due by May 2nd.

Rosters must consist of a minimum of 5 players and a maximum of 12 players. Must have at least two men and women per team.

4721.811 \$125 per team

Herndon Junior Tennis League

This league will help players develop their skills while also participating in a fun but competitive environment.

There will be separate leagues for both boys and girls ages 8-10 and 11-14.

Each league will consist of a 6 match regular season plus playoffs and is singles play only. Games will consist of an eight game pro set using no-ad scoring. Matches will be held on Sundays and Tuesdays with an instructional day on Thursdays. Play will begin on Sunday, May 8th and run through mid-June. Registration deadline is May 4.

Matches will be held at Bruin Park. Players must provide their own equipment, including balls for the matches.

Boys 8-10 Girls 8-10
4725.111 4725.112

Boys 11-14 Girls 11-14
4725.113 4725.114

TOH- \$63 NR-\$70

Completion of a session does not automatically qualify the student to advance to the next level of classes. Please consult your instructor before registering for classes. The HPRD tennis program reserves the right to reassign a student from a class if they are below the skill level, based on the NTRP ratings, necessary to complete the class.

No classes May 28-30th



OUTDOOR TENNIS CLASSES

Adult and youth tennis lessons are offered at the Bready Park Tennis Complex, adjacent to the Herndon Community Center.

Classes are organized under the National Tennis Rating Program (NTRP). Refer to the NTRP rating categories listed on page 21 before registering for classes. Students must provide their own racquet, two new cans of tennis balls, and may only wear athletic footwear.

Session I

Monday & Wednesdays

April 18 - May 11

Saturdays

April 23 - June 18

Session II

Wednesdays

May 18 - June 15

OUTDOOR SESSION 1 YOUTH

Beginner - Ages 6-8 (1.0-1.5)

8, 45 minute sessions			
Class	Day	Time	TOH/NR
April 18- May 11			
4721.117	M/W	5-5:45pm	\$44/\$48
April 23- June 18			
4721.116	Sa	9-9:45am	\$44/\$48

Beginner - Ages 9-15 (1.0-1.5)

8, 1 hr. sessions			
Class	Day	Time	TOH/NR
April 23- June 18			
4721.115	Sa	10-11am	\$44/\$48

Advanced Beginner - Ages 9-15 (2.0-2.5)

8, 1 hour sessions			
Class	Day	Time	TOH/NR
April 18-May 11			
4721.111	M/W	6-7pm	\$44/\$48

Intermediate - Ages 9-15 (3.0-3.5)

8, 1 hour sessions			
Class	Day	Time	TOH/NR
April 18-May 11			
4721.112	M/W	7-8pm	\$44/\$48
April 23-June 18			
4721.113	Sa	11am-12pm	\$44/\$48

Intermediate Advanced Drills & Strategy - Ages 9-15 (3.5-4.5)

8, 1 hour sessions			
Class	Day	Time	TOH/NR
April 23-June 18			
4721.114	Sa	12-1pm	\$44/\$48

ADULTS

Beginner (1.0 - 1.5)

8, 1 hour sessions			
Class	Day	Time	TOH/NR
April 18-May 11			
4761.122	M/W	6-7pm	\$44/\$48
April 23-June 18			
4761.121	Sa	8-9am	\$44/\$48

Advanced Beginner (2.0-2.5)

8, 1 hour sessions			
Class	Day	Time	TOH/NR
April 18-May 11			
4761.127	M/W	7-8pm	\$44/\$48
April 23-June 18			
4761.128	Sa	9-10am	\$44/\$48

Outdoor Tennis

Junior Tennis Circuit

The Herndon Parks and Recreation Department has teamed up with Hidden Creek Country Club, Lowes Island Country Club, Ashburn Village and the Reston Association to form a Junior Tennis Circuit for local players on the week-ends throughout the spring and summer months. This tennis circuit is designed to make competitive play more accessible for our players who are not already playing competitively in USTA. Only club members may play in the tournaments. It costs \$10.00 to join the Herndon Club, paid in advance, and \$15.00 for each tournament entry, paid the day of the tournament. Please call the Herndon Community Center for more information, 703-435-6800, X 2106.

The club tournaments will take place on the dates below; more clubs dates will be available at a later time.

April 30 Herndon Community Center – Bready Park
June 26 Lowes Island Country Club
July 17 Reston Association

The following divisions area available for both boys and girls:

16 & under
14 & under
12 & under
10 & under

Herndon Open Tennis Classic

June 18-26

Divisions for men and women of all ages. Both doubles and singles tournaments will be held. Entry forms will be available at the Herndon Community Center in mid-April. The registration deadline is June 13. Please call 703-435-6868 for more information.



Intermediate Drills & Strategy (3.0-3.5)

8, 1 hour sessions			
Class	Day	Time	TOH/NR
April 18-May 11			
4761.124	M/W	8-9pm	\$44/\$48
April 23-June 18			
4761.125	Sa	10-11am	\$44/\$48

OUTDOOR SESSION 2 YOUTH

Beginner - Ages 6-8 (1.0-1.5)

8, 45 minute sessions			
Class	Day	Time	TOH/NR
May 18-June 15			
4721.213	M/W	5-5:45pm	\$44/\$48

Advanced Beginner - Ages 6-8 (1.0-1.5)

8, 1 hour sessions			
Class	Day	Time	TOH/NR
May 18-June 15			
4721.211	M/W	6-7pm	\$44/\$48

Intermediate - Ages 9-15 (3.0-3.5)

8, 1 hour sessions			
Class	Day	Time	TOH/NR
May 18-June 15			
4721.212	M/W	7-8pm	\$44/\$48

ADULTS - Ages 16 & up

Beginner (1.0 – 1.5)

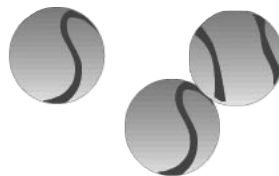
8, 1 hour sessions			
Class	Day	Time	TOH/NR
May 18-June 15			
4761.222	M/W	6-7pm	\$44/\$48

Advanced Beginner (2.0 – 2.5)

8, 1 hour sessions			
Class	Day	Time	TOH/NR
May 18-June 15			
4761.227	M/W	7-8pm	\$44/\$48

Intermediate Drills & Strategy (3.0 – 3.5)

8, 1 hour sessions			
Class	Day	Time	TOH/NR
May 18-June 15			
4761.224	M/W	8-9pm	\$44/\$48



No classes May 28-30th

Doubles Play and Strategy (All levels)

Come with a partner or be paired with one during sessions. These classes will help to develop your skills while also teaching you how to play as a team. Men's, women's, and mixed doubles players are welcome.

8, 1 hour sessions			
Class	Day	Time	TOH/NR
April 18-May 11			
4751.111	M/W	10-11am	\$44/\$48
May 18-June 15			
4751.112	M/W	10-11am	\$44/\$48

Young at Heart Tennis

– Ages 50 & up

Stay feeling young and keep your body in shape by taking part in our senior tennis program. Beginners through seasoned players are welcome. Players are grouped according to their skill level.

8, 1 hour sessions			
Class	Day	Time	TOH/NR
April 18-May 11			
4761.527	M/W	9-10am	\$44/\$48
May 18-June 15			
4761.528	M/W	9-10am	\$44/\$48

Outdoor Pee Wee Tennis

– Ages 4-5

Our innovative program provides the necessary essentials for even the youngest tennis players.

Session 1

8, 30 minute sessions			
Class	Day	Time	TOH/NR
April 18-May 11			
4711.111	M/W	9:30-10am	\$29/\$32
April 18-May 11			
4711.112	M/W	10:10-10:40am	\$29/\$32
April 18-May 11			
4711.113	M/W	10:50-11:20am	\$29/\$32
April 19-May 12			
4711.114	T/Th	4-4:30am	\$29/\$32
April 19-May 12			
4711.115	T/Th	4:45-5:15am	\$29/\$32

Session 2

8, 30 minute sessions			
Class	Day	Time	TOH/NR
May 18-June 15			
4711.211	M/W	9:30-10 am	\$29/\$32
May 18-June 15			
4711.212	M/W	10:10-10:40am	\$29/\$32
May 18-June 15			
4711.213	M/W	10:50-11:20am	\$29/\$32
May 19-June 14			
4711.214	T/Th	4-4:30 pm	\$29/\$32
May 19-June 14			
4711.215	T/Th	4:45-5:15 pm	\$29/\$32

Tennis

Reserve Tennis Court Times for the 2005-06 Season

We will begin to process contract requests April 11, 2005. Town of Herndon residents have priority until April 24.

Starting April 25, all other requests will be honored on a first-come basis. For more information, call

Bob Hilferty at 703-435-6800.
Ext. 2110 or 2114

Special Doubles for Adults/Seniors

Under 60 - \$28 / 60 & Over - \$24
4, 1.5 hour sessions

Class	Day	Time
March 14-April 11		
4751.241	M	12-1:30pm
March 16-April 13		
4751.242	W	1-2:30pm

Spring Break Outdoor Tennis Camp

- Ages 9-12

A great way for kids to spend their break, learning tennis and having fun. The camp will feature on and off court instruction, warm-ups and conditioning. Individual instruction and match play are also included. The camp includes a daily swim – participants must bring a bathing suit and towel every day. Students must provide their own racquet and a new can of balls. In case of inclement weather during the session other sport activities (such as racquetball, wallyball, and table tennis) may be substituted.

4, 3 hour sessions

Class	Day	Time	TOH/NR
March 21-March 24			
4721.911	M-Th	8:30-11:30am	\$72/\$80
March 21-March 24			
4721.912	M-Th	12:30-3:30pm	\$72/\$80
March 28-March 31			
4721.913	M-Th	8:30-11:30am	\$72/\$80
March 28-March 31			
4721.914	M-Th	12:30-3:30pm	\$72/\$80

**Spring Break 3/21-26
No Group Lessons**



Reserve Indoor Tennis Court Times For Spring 2005!

Prime Time

(M-F, after 5 pm/Sat. & Sun. all day)

Adult TOH Resident	\$26
Adult Non Resident	\$32

Non-Prime Time

(before 5 pm weekdays)

Adult TOH Resident	\$20
Adult Non Resident	\$26
Youth/Senior Resident	\$18
Youth/Senior Non Resident	\$22

***Reservations for random time may be made seven days in advance**

ID required for Town of Herndon Resident rates

Cancellation Policy

- A) Before 48 hours of scheduled time of play- NO CHARGE
- B) 48 to 24 hours from scheduled time of play-\$5 per reserved hour
- C) Within 24 hours from scheduled time of play-Full Court Fee.

All no shows will be financially responsible for full court fee

PEE WEE TENNIS

Pee Wee should come with own tennis racquet (can be purchased at local discount store in sporting section).



Indoor Tennis Class

INDOOR TENNIS

Beginner - Ages 4-5

Beginning tennis fundamentals.

8, 30 minute sessions

Class	Day	Time	TOH/NR
March 14-April 15			
4711.141	M/F	9-9:30am	\$28/\$32
March 14-April 15			
4711.142	M/F	9:30-10am	\$28/\$32

4, 30 minute sessions

Class	Day	Time	TOH/NR
March 17-April 14			
4711.143	Th	3:30-4pm	\$14/\$16
March 17-April 14			
4711.144	Th	4-4:30pm	\$14/\$16

Advanced Beginner - Ages 4-5

Must have taken a minimum of two (2) Pee Wee Beginner sessions and have approval of previous instructor to move to this level.

4, 30 minute sessions

Class	Day	Time	TOH/NR
March 17-April 14			
4711.241	Th	4:30-5pm	\$14/\$16

YOUTH

Beginner - Ages 6-8

4, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-April 11			
4711.141	M	4-5pm	\$38/\$42
March 19-April 16			
4711.142	Sa	9-10am	\$38/\$42

Indoor Tennis

Bready Park Indoor Tennis

Monday - Friday

6am-10:30pm

Saturday - Sunday 8am-10pm

Open through April 24, 2005

All students must provide their own racquet and wear tennis shoes.

Class ratio will not exceed 7 students to 1 instructor.

NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program

1.0-1.5 - Beginner

Just starting to play tennis. Working primarily on getting the ball over the net.

Instruction and practice is focused on proper stroke technique.

2.0-2.5 - Advanced Beginner

Has the ability to hit balls that require no movement to get into position. Player is learning to judge the bounce of the ball and to move into position to hit the ball. Still attempting to use proper techniques during rallies. Instruction and practice is focused on proper stroke technique while moving to the ball and hitting balls at different pace, height, and depth.

3.0-3.5 - Intermediate

Uses accepted technique for groundstrokes and serves. Has the ability to hit balls that require movement and positioning. Player is fairly consistent when hitting medium paced shots but is not comfortable with all strokes and lacks execution when trying for direction, depth, and power. Player must be able to sustain a rally with groundstrokes and volleys. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and practice.

4.0-4.5 - Advanced

This player has dependable strokes including directional control and depth in both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots, and volleys with some success. This player occasionally forces errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and play.



Beginner – Ages 9-15

4, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-April 11			
4721.241	M	1:30-2:30pm	\$38/\$42
March 16-April 13			
4721.242	W	4:30-5:30pm	\$38/\$42
March 19-April 16			
4721.243	Sa	10-11am	\$38/\$42

Advanced Beginner – Ages 6-8

Must have approval of previous instructor or equivalent playing skills

4, 1 hour sessions

Class	Day	Time	TOH/NR
March 16-April 13			
4721.261	W	3:30-4:30pm	\$38/\$42
March 17-April 14			
4721.262	Th	5-6pm	\$38/\$42

Advanced Beginner – Ages 9-15

4, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-April 11			
4721.341	M	5-6pm	\$38/\$42
March 15-April 12			
4721.342	T	4:30-5:30pm	\$38/\$42
March 18-April 15			
4721.343	F	4:30-5:30pm	\$38/\$42
March 19-April 16			
4721.344	Sa	11am-12pm	\$38/\$42

Intermediate – Ages 9-15

Must have approval of previous instructor or equivalent playing skills

4, 1 hour sessions

Class	Day	Time	TOH/NR
March 15-April 12			
4721.442	T	5:30-6:30pm	\$38/\$42
March 18-April 15			
4721.443	F	5:30-6:30pm	\$38/\$42
March 19-April 16			
4721.444	Sa	12-1pm	\$38/\$42



Indoor Tennis Class

Advanced – Ages 13 & Up

Must have approval of tennis instructor or tennis manager to register.

4, 1 hour sessions

Class	Day	Time	TOH/NR
March 19-April 16			
4731.541	Sa	1-2pm	\$38/\$42

ADULT

Beginner - 1.0-1.5

Must have approval of tennis instructor or equivalent playing skills to register.

4, 1 hour sessions

Class	Day	Time	TOH/NR
March 19-April 16			
4741.143	Sa	9-10am	\$42/\$47

Advanced Beginner - 2.0-2.5

Must have approval of tennis instructor or equivalent playing skills to register.

4, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-April 11			
4741.241	M	9-10am	\$42/\$47
March 19-April 16			
4741.242	Sa	10-11am	\$42/\$47

Intermediate - 3.0-3.5

Must have approval of tennis instructor or equivalent playing skills to register.

4, 1 hour sessions

Class	Day	Time	TOH/NR
March 19-April 16			
4741.343	Sa	11am-12pm	\$42/\$47

Advanced - 4.0-4.5

Must have approval of tennis instructor or equivalent playing skills to register.

4, 1 hour sessions

Class	Day	Time	TOH/NR
March 19-April 16			
4741.441	Sa	12-1pm	\$42/\$47

Nature



Runnymede Park

Park is Open from Dawn - Dusk. The park offers excellent opportunities for hiking, bird watching, nature study and picnicking. Remember all pets must remain on the leash, and please pick up after your pet!

You Can Schedule Activities In Runnymede Park for:

- Scout Badge work & activities
- Schools
- Volunteer projects
- Internships
- Community Service

Questions

Do you have questions or concerns regarding wildlife?

Call the Town Naturalist at 703-435-6800 x2113.

Do you have questions or concerns regarding trees or plants?

Call the Town Forester at 703-435-6800 x2014.

Nature Tent at Community Day

**Saturday, May 7
12-4pm FREE**

Celebrate the diversity of our community with the Neighborhood Resource Center's Annual **Community Day**. Live reptiles, gardening for wildlife habitat and nature information will be on display to share with the public. Fun nature activities for kids! Visit us at the Food Lion Shopping Center parking lot.

All nature programs, unless otherwise indicated, meet at Runnymede Park (off Herndon Parkway.) Meet at the Kiosk next to the parking lot. Please wear long pants and sturdy shoes to all programs, and dress appropriately for the weather. For all nature programs, anyone under 8 years of age must bring an adult with them and adults must be registered for the class. Please no siblings, unless they are signed up too. Programs start promptly, so please be on time.

Landscape Workshop & Herbal Medicinals - 18&up

Enhance your yard or space with tips and advice from the Town Forester. Growing herbal plants will also be discussed.

1, 2 hour session

Instructor: John Dudzinsky

Class	Day	Time	TOH/NR
March 5			
3364.008	Sa	9-11am	\$3/\$3

Reptiles Alive! - All Ages

We'll see live (non-venomous) snakes, toads, and turtles! We will learn about where they live, what they eat, and how they behave. Have you ever held or touched a live snake, or fed a toad? If you are willing, these amazing, friendly creatures will certainly allow you to!

1, 1.5 hour session

Class	Day	Time	TOH/NR
March 25			
4363.001	F	5-6:30pm	\$5/\$5

Natural Pest Control! - All Ages

Learn how to keep your garden, flower beds, shrubs and lawns pest-free naturally.

1, 2 hour session

Instructor: John Dudzinsky

Class	Day	Time	TOH/NR
March 30			
4363.002	W	6-8pm	\$3/\$3

Nature Sketch Workshop

Spend a spring day observing nature, then translate your observations into the beginnings of a Natural History Journal that you can add your outdoor experiences to, throughout your life. We will cover the basics of sketching nature, and interpreting your findings into a field journal. Biologists, Naturalists, Teachers, Scientists, and regular folks just like us use Natural History Journals. A local artist, will provide advice and commentary as he leads this program. Pencils and journals provided.

1, 1.5 hour session

Instructor: Josh Renee

Class	Day	Time	TOH/NR
April 16			
4363.003	Sa	11am-12:30pm	\$10/\$10

National Arboretum Tour Azaleas in Bloom

Visit one of the area's most beautiful preserved habitats. An Arboretum tour guide will lead us on a walking tour through the spectacular azalea gardens and share the plants and trees from around the world! Bring a bag lunch, for a lawn picnic at the United State's State Tree picnic garden area. We will have a walking tour through the National Herb Garden and the National Bonsai Garden. Departs from the Community Center.

1, 4.5 hour session

Class	Day	Time	TOH/NR
May 13			
4363.004	F	11am-3:30pm	\$10/\$10

Forest & Meadow Wildflower Walk - All Ages

Take a guided tour of the beauty of Runnymede Park's meadow and forest wildflowers. A Virginia Native Plant Society volunteer will lead this low impact hike. You will want to bring your camera and Natural History Journal as our volunteer will identify numerous plants for us. Join us at the picnic area after the hike, where the Town Naturalist will provide us with refreshing herbal tea. We will also be mulching our Virginia Native Plant garden.

1, 3 hour program

Class	Day	Time	TOH/NR
May 14			
4363.005	Sa	1-4pm	\$3/\$3

Batfest

Celebrate Virginia's flying mammal with Runnymede Park's first ever BatFest! Bat World NOVA will participate in this event. We will have a huge display of bat boxes, and if you look carefully you will actually see bats inside. Experience Bat Chat, the social vocalizations of bats, batty crafts, and take a hike and encounter an echo location device to locate bats.

1, 2.5 hour program

Class	Day	Time	TOH/NR
May 21			
4363.006	Sa	6:30-9pm	\$5/\$5

Nature/Parks

Special Programs

The Annual Friends of Runnymede Park Meeting

Sunday, March 13, 7-9pm
Herndon Community Center, Multi-purpose Room

Very brief business meeting to elect new officers and report on status of Nature Center planning. Information and refreshments.

Kevin Monroe, Environmental Resource Specialist, of the Reston Association and Runnymede Park Nature Fest 2004 Meadow Volunteer will speak on, "The Wonderful World of Dragonflies!"

Runnymede Park Stream Cleanup

19th Annual Sugarland Run Stream & Runnymede Park Clean up Day

Saturday, March 19

(Rain date April 2) 8am-12pm

Sponsored by:

The Friends of Runnymede Park
Department of Parks & Recreation
and Department of Community Development

Meet at the Hunter's Creek Clubhouse off Queen's Row Street. Groups, please call to pre-register and get assignments.

For more information call the Town Forester at 703-435-6800 X 2014.

Nature Birthday Parties

Celebrate your birthday outdoors at Runnymede Park. Kids can choose from several themes: Radical Reptiles, Creatures of the Night, Animal Tracks & Signs, and Bones, Feathers, & Furs. Each 1 hour program is designed to entertain as well as educate. Bring your own cake and party favors, picnic tables are available in the park, or you can rent a room at the Herndon Community Center for an additional \$30 fee.

\$100 for up to 12 kids

Reservations: 703-435-6800 X 2113

Kids Trout Fishing Workshop/Clinic

Ages 8-12

Children learn the exciting world of fishing and experiencing the outdoors through an introduction to fishing techniques, equipment and habitat and fish biology. Meet at Hunter's Creek Clubhouse.

Parent's must accompany their children and pay the workshop fee.

2, 2 hour sessions

Instructor: Guy Zoller

Class	Day	Time	TOH/NR
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April 27 & 29

4363.007	W&F	6-8pm	\$10/\$15
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Kids Fishing Derby

Up to age 15

Saturday, April 30 - 7am- 11pm

Meet at 385 Herndon Parkway -Look for signs

All fishing equipment will be provided. Children must be accompanied by an adult, and all adults must pay entry fee. After the event is over, fishing will be open to the public. Anyone ages 16 and over must have a valid VA Fishing License.

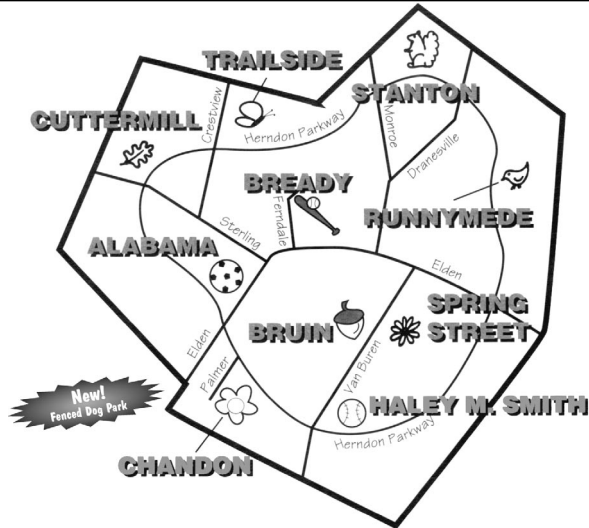
For more information on these programs please call 703-435-6800 X 2113

or email susan.lilly@herndon.va.gov

\$5 entry fee

Thanks to the Fraternal Order Of Police Lodge 64, Herndon Police Dept., Herndon Parks & Recreation, Trout Unlimited (NOVA Chapter), Department of Game & Inland Fisheries, and U.S. Minerals Management Services.

SPRING IS A GREAT TIME TO VISIT HERNDON'S PARKS



PICNIC SHELTER RESERVATIONS

Trailside Park

TOH
Civic Group - \$30/Civic Group-\$50

Non-resident
Private-\$35/Private-\$60

Bready Park

The Bready Park Shelter accomodates up to 140 people. Maximum 4 hr. rental. Call 703-435-6868 for availability.

TOH
Civic Group-\$60/Private-\$70

Non-resident
Civic Group-\$100/Private-\$120

Cruiz'n Seniors/Trips/Youth



Senior Cinema - Ages 55 & up

You're invited to the Herndon Community Center for a Thursday afternoon of refreshments and a movie - ALL FREE! Every 1st and 3rd Thursday from 2-4 PM, Senior Cinema is a great place to see friends and make new ones! Enjoy a feature film, new releases or a classic. All movies are rated PG or PG-13. To find out what's playing or to be placed on our mailing list, please call 703-435-6868.

Mar. 3 - Raising Helen
Mar. 17 - Bourne Supremacy
Apr. 7 - Wimbledon
Apr. 21 - I, Robot

* All future Senior Cinema movies will be shown at the new Harbor House Senior Center after 4/21.

Atlantic City - Ages 21 & up

It's a Herndon tradition! Don't miss the trip to Atlantic City, NJ. It could be your lucky day to win big! Play the slots or stroll the boardwalk for some shopping! The trip includes continental breakfast, motor coach transportation, driver, escort, six-hour day at the casino and a cash rebate from the Hilton hotel!

No Refunds after April 22

Class	Day	Time	TOH/NR
May 23			
4840.101	M	7am-10pm	\$40/\$42

George Washington's Mount Vernon

Gardens & Estates - All Ages

Come with the Herndon Parks & Recreation Department to the beautiful gardens & estates at Mount Vernon. Enjoy a private tour of the gardens and the mansion. We will break for lunch at the Mount Vernon Inn for a 2 course meal and then have time on our own to venture through the Pioneer Farm and wonderful shops.

Fee includes transportation by 15-passenger van, escorts/drivers, admission, tour guide, and 2-course lunch. Special rate for children and teens (18 & under) \$30/person. Limited number of spots available.
No Refunds after April 8

Over 18

Class	Day	Time	TOH/NR
April 25			
4860.101	M	9am-3:30pm	\$35/\$39
18 & Under			
4860.102	M	9am-3:30pm	\$30/\$30

National WWII Memorial

- All Ages

Come with the Herndon Parks & Recreation Department to tour the National WWII Memorial in downtown Washington D.C. Fee includes transportation and driver/escort. This is a walking tour and an outside monument. Trip will go rain or shine. We will stop for lunch in Washington D.C. on the way home (not included in fee). Limited number of spots available.

No Refunds after April 1

Class	Day	Time	TOH/NR
May 19			
4860.401	Th	10am-1:30pm	\$15/\$17

YOUTH

Preschool Craft Club - Ages 3-5

Create wonderful arts and crafts projects with your preschooler. Our instructor will lead parents and children through many exciting arts and crafts projects including, painting, coloring, cutting and much more. Wear old clothes.

8, 1 hour sessions

Instructor: Deborah Coyle

Class	Day	Time	TOH/NR
March 16-May 4			
4120.102	W	3:30-4:30pm	\$36/\$40

Kid's Night Out - Ages 5-12

Parents, need a date night? Enjoy an evening with your spouse while your children enjoy a night of fun! Let us provide you with a safe environment for your child and a peaceful night for you! Children will be supervised at all times. Big screen TV featuring "Home on the Range" game room, board games, gym time, slice of cheese pizza, a drink and dessert.

1, 4 hour session

Class	Day	Time	TOH/NR
April 22			
4562.101	F	6-10pm	\$7/\$7



A "hands-on" approach to learning.

LITTLE SCIENTISTS - Ages 3-6

Little Scientists is a "hands-on" approach to teaching science to young children. Every Little Scientists class includes child safe hands-on experiments, a take home project, and a course booklet. All Little Scientists classes are designed to increase a child's curiosity and provide a platform for later learning. Each class has a different topic, so feel free to register for both. Includes all supplies.

Teeth, Bones, Sight

3, 45 minute sessions

Instructor: Pam Hummel

Class	Day	Time	TOH/NR
April 5/12/19			
4624.001	T	3:30-4:15pm	\$45/\$45
April 8/15/22			
4624.002	F	3:30-4:15pm	\$45/\$45

Hearing, Touch, Smell & Taste

3, 45 minute sessions

Instructor: Pam Hummel

Class	Day	Time	TOH/NR
May 10/17/24			
4624.003	T	3:30-4:15pm	\$45/\$45
May 13/20/27			
4624.004	F	3:30-4:15pm	\$45/\$45

Beginner Chess Class

Ages 5-12

Chess is growing in popularity and everyone should know how to play! The game helps develop critical thinking skills, concentration, and basic strategy. Chess set will be provided. Students will learn the following: The rules of chess, conditions for castling, rules of pawn promotion, rules of pin, en passant capture, when castling is legal, difference between check mate and stale mate, basic strategy and tactics.

8, 1.25 hour sessions

Class	Day	Time	TOH/NR
March 19-May 7			
4627.601	Sa	10:30-11:45am	\$56/\$61

Arts & Crafts/Special Interest



Lassie Corbett is one of our newest art instructors, and she brings many wonderful years of teaching experience to the Herndon Community Center. Watercolor is Corbett's primary medium, although she regularly paints using Oriental brush painting techniques on rice paper. Lassie's interest in Oriental painting was stimulated by a two year stint as a Peace Corps volunteer and blossomed under the tutelage of Professor Chen Bing Sun at the Chinese Artist's Guild. Corbett's artistic training culminated in her receiving an MFA in painting from American University. However, she is ever the student and regularly studies with nationally recognized watercolorists. Come experience Lassie's extraordinary love for the arts and teaching.



Pottery

Beginning/Intermediate

– Ages 16 & Up

Introduction to pottery making. The class will cover hand-building and pottery wheel techniques. Cost includes instruction, a limited amount of clay, and use of tools, equipment and kiln firing. The class will have lectures and demonstrations followed by student's opportunity to work with clay.

6, 3 hour sessions

Instructor: Guy Zoller

Class	Day	Time	TOH/NR
March 17-April 21			
4141.007	Th	6:30-9:30pm	\$122/\$134
March 18-April 22			
4141.008	F	10am-1pm	\$122/\$134

6, 3 hour sessions

Instructor: David Cowdrill

Class	Day	Time	TOH/NR
March 16-April 13			
4141.002	W	6:30-9:30pm	\$122/\$134

Cartooning – Ages 12 & Up

Learn how to develop a cartoon strip. Develop storyboards to flush out your ideas, create characters, choose an environment or "staging," learn writing techniques for dialogues and more. The steps for "gag" or one punch line cartoons will also be discussed. Assignments will be given in each session as well as time to work in class.

8, 1 hour sessions

Instructor: Jan Watkins

Class	Day	Time	TOH/NR
March 15-May 3			
4140.003	T	6:30-7:30pm	\$50/\$57

Explorations in Watercolor

– Ages 14 & Up

This class is designed for the more adventurous painter. The subject matter is entirely up to the student. We experiment with painting on a variety of surfaces as well as watercolor papers. Explore various design elements and incorporate mixed media into our watercolors. Experience in watercolor painting is necessary. There is a weekly critique of work and regular demonstrations of new ideas or techniques.

8, 2 hour sessions

Instructor: Lassie Corbett

Class	Day	Time	TOH/NR
April 19-June 7			
4141.005	T	7:30-9:30pm	\$165/\$182

Drawing for Adults

– Ages 15 & Up

Learn the techniques of drawing beyond the No. 2 pencil. Demonstrations and projects include drawing with charcoal,

chalk pastels, graphite, ink and brush, as well as sepia wash. Includes all materials.

8, 2 hour sessions

Instructor: Jan Watkins

Class	Day	Time	TOH/NR
March 17-May 5			
4141.004	Th	10:30am-12:30pm	\$61/\$68

Watercolor Workshop & Critique

Intermediate to Advanced

– Ages 14 & Up

The class is designed around developing a personal style in painting. The class decides on the class subject matter the first day of class and a series of lesson is developed around these ideas. Weekly critique. Regular class demonstration on new material.

8, 2 hour sessions

Instructor: Lassie Corbett

Class	Day	Time	TOH/NR
April 21-June 9			
4141.006	Th	12:30-2:30pm	\$165/\$182

SPECIAL INTEREST

Heart Saver CPR

This American Heart Association course targets all lay rescuers, particularly those who are expected to respond to emergencies in the work place. Skills taught include calling 911, rescue breathing, one rescuer CPR and conscious foreign body airway obstruction (FBAO). A course completion card (or credential) is provided to participants at the end of the course if they successfully complete the written examination and the skill demonstration.

Adult CPR for Family & Friends

1, 3 hour session

Class	Day	Time	TOH/NR
March 3			
4661.002	Th	6:30-9:30pm	\$55/\$55
April 7			
4661.003	Th	6:30-9:30pm	\$55/\$55
May 5			
4661.004	Th	6:30-9:30pm	\$55/\$55

Infant/Child for Family & Friends

1, 3 hour session

Class	Day	Time	TOH/NR
March 17			
4661.005	Th	6:30-9:30pm	\$55/\$55
April 14			
4661.006	Th	6:30-9:30pm	\$55/\$55
May 12			
4661.007	Th	6:30-9:30pm	\$55/\$55

Performing Arts/Dance

COMBINATION DANCE

The perfect introduction to dance providing instructions in the basics of ballet, tap and tumbling while learning self confidence and appreciation of movement. Ballet slippers and tap shoes are required.

Beginner-Ages 3-5

No Experience Necessary

12, 45 minute sessions

Instructor: Rocio Silva

Class	Day	Time	TOH/NR
March 17-June 2			
4321.050	T	12:30-1:15pm	\$54/\$60

Beginner-Ages 5-8

No Experience Necessary

12, 45 minute sessions

Instructor: Rocio Silva

Class	Day	Time	TOH/NR
March 12-June 11			
4321.051	Sa	12:30-1:15pm	\$54/\$60

Intermediate-Ages 4-5

1 Session/6 Months Experience

12, 45 minute sessions

Instructor: Rocio Silva

Class	Day	Time	TOH/NR
March 15-June 7			
4321.019	T	12:30-1:15pm	\$54/\$60

Intermediate/Advanced-Ages 4-6

6-9 Months Experience

12, 45 minute sessions

Instructor: Rocio Silva

Class	Day	Time	TOH/NR
March 12-June 2			
4321.021	Th	1:30-2:15pm	\$54/\$60

Advanced-Ages 4-5

12 Months Experience

12, 45 minute sessions

Instructor: Rocio Silva

Class	Day	Time	TOH/NR
March 12-June 7			
4321.023	T	2:30-3:15pm	\$54/\$60

Advanced-Ages 5-8

12 Months Experience

12, 45 minute sessions

Instructor: Rocio Silva

Class	Day	Time	TOH/NR
March 12-June 11			
4321.038	Sa	11:45am-12:30pm	\$54/\$60

Advanced-Ages 6-10

12 Months Experience

12, 45 minute sessions

Instructor: Rocio Silva

Class	Day	Time	TOH/NR
March 16-June 1			
4321.039	W	5-5:45pm	\$54/\$60



ACRODANCE

Learn the techniques of jazz and tumbling choreographed together to upbeat music. This fun, unique dance form is a relatively new dance craze. (Requirements: Able to execute cartwheels and basic front rolls. Class attire: Dance or gymnastics clothing and barefoot.)

Beginning/Intermediate

Ages 7-10

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 16-June 1			
4321.025	W	4-4:45pm	\$54/\$60

Instructor: Rocio Silva

BELLY DANCE

Belly dance is a fun, low-impact, cardiovascular workout! It particularly works on the torso, promotes abdominal strength, all over flexibility, proper alignment and great body posture. This beginning class will also focus on flexibility and rhythms of the Middle East and North Africa. Participants are asked to wear comfortable clothing such as leotard, tights, leggings or drawstring pants, exercise or dance shoes, a scarf or belt long enough to tie around the hips comfortably, and a piece of light weight fabric measuring 3 yards by 45 inches wide.

Beginner-Adult

No Experience Needed

12, 45 minute sessions

Instructor: Bambi Nieto

Class	Day	Time	TOH/NR
March 14-June 6			
4321.026	M	6-6:45pm	\$54/\$60

Belly II-Adult

12 Weeks Experience

12, 45 minute sessions

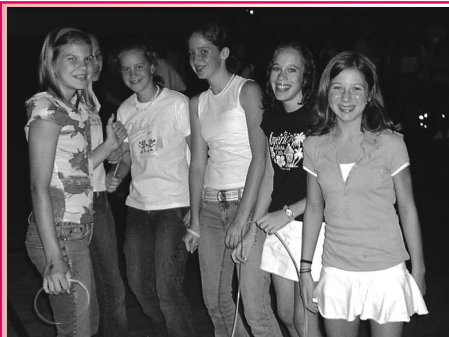
Instructor: Bambi Nieto

Class	Day	Time	TOH/NR
March 14-June 6			
4321.027	M	7-7:45pm	\$54/\$60

ADULT BALLET STRETCH

Need an exercise class before work? Always wanted to take ballet but feel the moment passed you by? Come to Ballet Wake-UP for Beginners! Gentle workouts to beautiful music that will leave you feeling refreshed and ready to start your day. We will start with a warm-up, barre work, floor combinations, and across the floor combinations. Men and women of all sizes and ages welcome and encouraged!

Required class attire: some kind of leg covering (tights, leggings or sweats will do) a leotard or close fitting T-shirt, ballet slippers or soft-shoes and hair confined.



TEEN DANCES -

7th & 8th Graders

Tickets will be on sale at the Herndon Community Center beginning Mondays the week of the dance. Tickets will also be sold at the Herndon Middle School on Thursdays the week of and Fridays the day of the dance.

8:00-10:30PM / \$4/Advance; \$5/At door

Scholarship tickets available, call K. Wood 703-435-6868.

Dance Dance Revolution - April 8

Can you dance? Enjoy competing against machine and opponents.

Breakdance Dance Party - May 13

Professional Breakdancers will come and show off their stuff!

They'll even give you a few free lessons!

Last Chance Dance - June 10

Last chance to dance the night away. We'll have limbo & hula contest, a raffle to win cool door prizes, and a dance competition! Don't miss the last dance of the school year!

Teen Advisory Committee – Ages 12-18

The Teen Advisory Committee is made up of middle and high school students in the Herndon community. The committee meets once a month to plan and organize Teen specific events, trips and volunteer programs in conjunction with the Herndon Parks & Recreation Department. Some of these programs include Teen Cinema, Dances, etc. If you would like to be a member of this committee, please come to one of the meetings listed below. Vans will pick up from the front entrance of the Herndon Middle School at 3:20PM and transport students to the Herndon Community Center. We ask that parents pick up their children at the Center following the committee meeting. For more information or to RSVP, please call Kimberly Wood at (703) 435-6800 ext. 2109. Students in Herndon Middle and High School and St. Joseph's only.
Mondays: April 11, May 2, June 20
3:30-4:30pm, FREE

Teen Concert

Saturday, May 7

8-11pm, \$5/person

Middle & High School Students Only

To find out who's playing, go to www.herndon-va.gov or www.valhalla-booking.tk. Must show I.D. No exceptions.

Horseback Riding

Middle & High School Students Only

Enjoy an escorted horseback trail ride through the beautiful countryside of rural Virginia. Trip includes drivers/chaperones, escort, trail ride and equipment. Lunch stop on the way home. (not included in price - \$7-\$10 per person.) Remember, this is a FCPS holiday!
No Refunds after April 1

Class	Day	Time	TOH/NR
April 15			
4830.101	F	9am-4pm	\$30/\$35

Teen Cinema – Ages 12-17

You're invited to the Herndon Community Center for an afternoon of refreshments and a movie – **ALL FREE!** Teen Cinema will be the 2nd and 4th Thursday of every month (unless specified in this brochure) from 2:30-4:30 pm. This is a great way to see friends and to make new ones! Enjoy a feature film or new releases twice a month. All movies are rated PG or PG-13. To find out what's playing or to be placed on our mailing list, call 703-435-6868.

No Teen Cinema June 23

March 10	Raising Helen
March 24	Barber Shop 2
April 14	Wimbledon
April 28	Napoleon Dynamite
May 12	I, Robot
May 26	Bourne Supremacy
June 9	Dodge Ball



Volunteer and make a difference in the Herndon community!

Millions of volunteers step forward to make our communities a better place to live. Role models mentor at-risk children.

Volunteers build new homes. Families are given a second chance. Neighborhoods find hope. And millions of other projects help causes and organizations meet their missions.

The 32nd annual National Volunteer Week will be celebrated April 17- 23.

National Volunteer Week is a time to honor volunteers at the local, state and national levels.

In honor of National Volunteer Week, the Town of Herndon will host the Mayor's Volunteer Appreciation Night on Sunday, April 17th.

Volunteers inspire the people they help and they inspire others to serve. Now it is your turn. Step forward and inspire by example.

Registration Information

HOW REGISTRATION WORKS

Town of Herndon residents receive priority in the registration process. Open registration by any of our 6 convenient registration methods will begin for TOH-residents at 10 AM on February 23rd. Open registration for non-TOH-residents will begin at 10 AM on March 1st.

WHAT DOES TOH MEAN?

The Town of Herndon Parks & Recreation Department (TOH) operates the Herndon Community Center (HCC). The TOH offers discounts and priorities to its citizens.

- Town of Herndon (TOH) residents receive a discount on classes and programs. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is received by the first advertised registration date.

HOW DO I KNOW IF I LIVE IN THE TOWN OF HERNDON?

Two easy indicators are that if your car personal property tax sticker or your water bill is from the Town of Herndon. If you have questions, please call us at 703-787-7300 and we can assist you.

CAN I STILL PARTICIPATE IF I DON'T LIVE IN THE TOWN?

Absolutely YES! As a TOH operation, we are here to serve TOH residents first, but not exclusively. Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10 AM on March 1st.

Class information found through our online registration process is updated daily. Thus, if you find that course information has changed from this brochure, the updated information found online is correct.

FORMS & FEES

Use a separate form for each class and each participant, and a separate check, cash, or credit card number with expiration date must accompany each form. Checks should be made payable to the "Town of Herndon." PLEASE NOTE multiple registrations with one check or one form will be returned unprocessed. Registrations with incorrect payment will be returned unprocessed.

SPECIAL REQUESTS

The TOH is unable to honor special requests, such as siblings and car pools.

LATE REGISTRATIONS

Late class registrations are accepted if space is available with no fee reduction.

CLASS CANCELLATIONS

The TOH reserves the right to cancel any class/workshop that does not meet minimum enroll-

ment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

SUPPLIES/EQUIPMENT

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

REFUNDS

You will automatically be given a full refund if classes are already filled or a minimum enrollment is not met. You may receive a refund less a 20% service charge (\$10 maximum) up to 3 days before your program starts for any reason. Less than 3 days before your program starts or after the program starts, refunds or letters of credit are only given for medical reasons or relocation of at least 20 miles from the Town of Herndon. Exception: trips have specific refund request deadlines, the 20% fee applies. Refunds are calculated based on the remaining classes at the time that the request is made. Letters of credit are also available and are not subject to a service charge. After the mid-point of the program, refunds or letters of credit will not be given for any reason.

PARTICIPATION OPEN TO ALL

The HCC programs and facilities are open to all citizens regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities, so that they may participate in services, programs, or activities offered by the TOH. Please call 703-435-6868 or 1-800-828-1120-TDD at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

NOTICE

In accordance with the Code of Virginia, a fee in the amount of thirty dollars (\$30) will be collected for every check returned to the Town of Herndon.

A SEPARATE CHECK IS REQUIRED FOR EACH REGISTRATION.

FINANCIAL ASSISTANCE AND SCHOLARSHIP PROGRAM


The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for Recreation programs (not including trips, daily admissions or passes to the Community Center) for those who meet federal financial qualifications for assistance. Additionally, in cooperation with Northern Virginia Family Services, the Town provides scholarships to eligible citizens for programs offered by the Herndon Community Center which may supplement the Town's financial assistance program. Contact Scott Garretson, 703-435-6868, for information or visit the Community Center for assistance.


ATTENTION SENIORS!

Senior adults age 60 and over receive a 50% discount on classes.

6 EASY REGISTRATION OPTIONS:

Open Registration dates apply to ALL registration options - 10 AM on February 23 for TOH Residents, and 10 AM on March 1st for non-TOH Residents.

1. ONLINE registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available 24 hours a day through our website at www.herndon-va.gov. Once your account is established, and the registration period has opened, you may enroll online any time 24 hours a day. Registration for classes with this icon is not available online. Acceptance of our liability waiver will be required prior to registration. 

2. TOUCHTONE registration is available 24 hours a day. With a customer identification number and password, you can call our automated registration line at (703) 707-2662 and register over the phone. Call the community center at (703) 435-6800, ext. 2100 to obtain customer identification numbers for yourself and your family members and your password. Registration for classes with this icon is not available through touchtone. Signature on our liability waiver will be required prior to participation. 

3. MAIL a completed form and separate check, money order or credit card payment to:
Herndon Parks & Recreation
P.O. Box 427, Herndon, VA 20172

4. FAX (24-hours-a-day) a completed form with a VISA or Master Card number and expiration date to: 703-318-8652. Faxed registrations cannot be verified.

5. DROP OFF a completed form with separate check, money order or credit card payment into the drop boxes at the reception desks of the HCC, 814 Ferndale Avenue, Herndon, VA 20170.

6. IN PERSON registration at either reception desk at the HCC.

Registration Form



REGISTRATION FOR TOWN OF HERNDON RESIDENTS BEGINS ON WEDNESDAY, FEBRUARY 23RD AT 10AM

REGISTRATION FOR NON-TOWN OF HERNDON RESIDENTS BEGINS ON TUESDAY, MARCH 1



A separate check is required for each registration and NO special requests can be honored such as siblings and carpools.

Spring 2005 Herndon Parks & Recreation Registration Form

MAIL TO:

Herndon Parks & Recreation
P.O. Box 427
Herndon, VA 20172-0427

Phone (703) 435-6868
Fax (703) 318-8652

CHECKS PAYABLE TO:

Town of Herndon

CHANGE OF ADDRESS/PHONE?

☐ Yes ☐ No

**Separate Registration Form
and Check Required for Each
Registration**

Refunds assessed the lesser of 20% or
\$10 with a minimum of \$1

All Returned Checks Are Subject To A
\$30 Fee

OFFICE USE

Method of Pay C CK CC LC

AP#

Processed By

Date Paid

HEAD OF HOUSEHOLD:

PARTICIPANT'S NAME: ☐ Mr. ☐ Mrs. ☐ Ms. Birthdate _____ Age ____ Sex ____

First: _____ Last: _____

Residence/Street: _____

City: _____ State _____ Zip _____

Home Ph. () _____ Work Ph. () _____

Email: _____

COMPLETE ONE FORM FOR EACH CLASS

Choice	Course Number	Course Title	Fee
1st			
2nd			
3rd			

SPECIAL ACCOMMODATIONS. Please call (703)435-6868 to speak with a program supervisor.

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING: ☐ VISA ☐ MASTERCARD

Credit Card Number _____ Exp. Date _____

Print Name of Card Holder _____

Signature _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me.

Print Name of Parent or Guardian _____

Signature of Participant, Parent or Guardian _____

Spring 2005 Herndon Parks & Recreation Registration Form

MAIL TO:

Herndon Parks & Recreation
P.O. Box 427
Herndon, VA 20172-0427

Phone (703) 435-6868
Fax (703) 318-8652

CHECKS PAYABLE TO:

Town of Herndon

CHANGE OF ADDRESS/PHONE?

☐ Yes ☐ No

**Separate Registration Form
and Check Required for Each
Registration**

Refunds assessed the lesser of 20% or
\$10 with a minimum of \$1

All Returned Checks Are Subject To A
\$30 Fee

OFFICE USE

Method of Pay C CK CC LC

AP#

Processed By

Date Paid

HEAD OF HOUSEHOLD:

PARTICIPANT'S NAME: ☐ Mr. ☐ Mrs. ☐ Ms. Birthdate _____ Age ____ Sex ____

First: _____ Last: _____

Residence/Street: _____

City: _____ State _____ Zip _____

Home Ph. () _____ Work Ph. () _____

Email: _____

COMPLETE ONE FORM FOR EACH CLASS

Choice	Course Number	Course Title	Fee
1st			
2nd			
3rd			

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Celebrate Earth Day

Celebrate Virginia's Earth Day with "Habitat Herndon"

HABITAT HERNDON IS AN HCTV-CHANNEL 23 TELEVISION PROGRAM THAT WILL AIR MARCH 20

Habitat Herndon is a program designed to explore the Town of herndon's diverse plant and wildlife habitats thorough our abundant community resorces. The program includes interviews with Urban Town Forester, John Dudzinsky, Friends of Runnymede Park, Board of Director David Swan and " The Butterfly Lady", Mona Miller.

Celebrate National Earth Day - FRIDAY, APRIL 22, 11:00AM - 2:00PM

Spend your Lunch Break with us! Help us Clean-Up Sugarland Run Trail, Lunch is on US!

(meet behind the new Herndon Police Station at Herndon Parkway & Elden)

KIDS FISHING DERBY - UP TO AGE 15 - SATURDAY, APRIL 30 7AM-11PM

Meet at 385 Herndon Parkway - Look for signs. All fishing equipement will be provided. Children must be accompanied by an adult, and all adults must pay entry fee. After the event is over, fishing will be open to the public. Anyone ages 16 and over must have a valid VA Fishing License. For more information on these programs please call 703-435-6800 x 2113 or email susan.lilly@herndon.va.gov. \$5.00 entry fee.

Thanks to the Fraternal Order Of Police Lodge 64, Herndon Police Dept., Herndon Parks & Recreation, Trout Unlimited (NOVA Chapter), Department of Game & Inland Fisheries, and U.S. Minerals Management Services.



Town of Herndon Parks & Recreation

P.O. Box 427
Herndon, VA 20172

www.herndon-va.gov

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